

28

The Gouernment of Health :

A Treatise written by
William Bullein, for the espe-
ciall good and healthfull preser-
uation of mans bodie from all noy-
some diseases, proceeding by the ex-
ercise of euill diet , and other infirmi-
ties of Nature: full of excellent medi-
cines, and wise counsels, for con-
seruation of health, in men,
women, and chil-
dren.

Both pleasant and profi-
table to the industri-
ous Reader.

LONDON
Printed by Valentine Sims
dwelling in Adling street,
at the signe of the white Swan,
neare Bainards ca-
stel, 1595.

position of Daffy
Sister H. B.

yd regitz gliscot A
-d hilt hilled m
-d bni hec
-wot h -leibod atem to i
-z w -fullassing qd h
-gut stichet vchillen
-d h -lloxe to fulling
-d h -plene wch wle conne
-d h -added to new
-d h -bit nowow
-d h -

• 亂世中無能者
• 亂世中能者
• 亂世中能者

Medicopis
aridus, petiolata V-vel horrida
etiam albula in primis vix
vix et rufa angustiora
et brachia siccata
2321 dicit

To the right worship-
full sir Thomas Hilton knight,
Baron of Hilton , and Captaine of
the king and Queens maiesties castel
of Tinmouth, William Bullein
wishes increase of wor-
ship and health.



Vintus Curtius, the fa-
mous writer of the great
battels that king Alex-
ander, the sonne of Phi-
lip of Macedonie, had an-
gaynst the most noble and
rich king of the Medes and Persians, cal-
led Darius(right worshipful sir) declareth
(that when one Philip the Phisition unto
the said king Alexander, and his most tru-
stie subiect,) by sodain chaunce the king fell
sore sicke, to the great heauines of all his
royall armie, at which time with all speede
this phisition did prepare a medicine, most
excellent for his souereigne Lord, whom he
so dearely loued, to this end, that the great
vertue thereof might preuent his present
sicknesse, and immenent danger: bnt malici-
ous spite that wretched enemie, which ne-
uer sleepeth but watcheth ever, to bring

The Epistle

virtue and good fame to destruction : Im-
mediately before this gentle Philip did pre-
sent himselfe vnto the king with his medi-
cine, Letters were sent to king Alexan-
der, containing, that the said Philip was
corrupted so with money from king Da-
rius, that he had put most deadly poison and
vncurable venom into Alexanders medi-
cine. The king perusing the letters, kept them
secret vntill he had drunke his medicin, and
immediately hee tooke his phisition by the
hand, and deliuered him the letters that he
might reade them, hauing in him so great
confidence, that he did in no maner of case
mistrust him. The cause why I haue alledged
this most worthy prince king Alexander,
and his excellent phisition Philip, is to de-
clare the great trust in the one, and the fide-
litie in the other, not forgetting the shame-
lesse conditions of the flattering Parasites,
which euer walke with two faces in one
hood, bearing fire in the one hand, and
water in the other : sowers of discord, rea-
pers of mischiefe : which be always ene-
mies vnto the disciples of Philip, whose
venemous stings can not hurt them, which
euer haue in store the precious, Jewell of
pacience, and arme themselves to doe good

Dedicatore.

so euerie good man, for the preseruation of
their liues, by the true rules of the Gouern-
ment of health, which here I am so bold to
present vnto your worship. For whereas
there lacketh gouernment in a common
wealth, the people doe eftsoones fall into
ruine. The shippes that lacke good gouer-
nance, oftentimes be cast away vpon sands
and rocks. And therefore there is nothing
vnder heauen that hath life, but if it lacke
good gouernment, it will quickly fall into
utter decay. For like as the Creator of all
things hath formed the bodies of all men,
into the goodliest shapes of euery liuing
thing that euer was, or euer shall be: euen
so hee hath ordained for man, hearbes,
fruits, rootes, seeds, plants, gums, oyles, pre-
cious stones, beasts, foules, fishes, for the pre-
seruation of health, to be moderately vsed
with discretion, which preserueth the bodie
in good estate, without whose vertues the
bodies cannot liue, for they bee the nour-
ishers of life. But misusing or abusing them,
bringeth to the bodie many diseases, as
rheumes, catthers, dropsies, impostumes,
goutts, fluxes, opilations, vertigoes, blind-
nesse, ruptures, fransies, with many mo nois-
some diseases, which come thorow the

The Epistle

corruption of meats and ill aire, For what availeth riches, honours, costly buildings, faire apparell, with all the pompe of this worlde, and to bee honoured of the people, and in the meane time to bee eaten with wormes in the breast, or in the bellie, consumed with Agues, tormented with gowtes, sorenesse, bone-ach, &c. Well, I rhinke an whole Cedrus is better than a sicke Mydas. And seeing that to posseſſe health, is better than to governe golde, insomuch that health maketh men more happie, stronger and quietter than all maner of riches, lacking health: as example. Great princes, noble men, men of great substance, when they be wrapped and enclosed with many and sundry sicknesses, and in dayly daungers of death, in their extreme paines and passions, they do more greatly couet one drop of health, than a whole tunne of gold, crying out for the helpe and counsell of the Phisition. Whom Iesus Siracke in his godly booke did counsell all wiser men to honour, and whom the almighty God did create and ordaine for the infirmitie of mankinde, and also medicine for his helpe, and that no wise man shoulde despise them. Therefore yet againe (right worshipfull knight)

Codrus.
Mydas.

Cap.38.

Dedicatore.

knight) I shall most humbly desire you, to accept the good will of him, which wisheth the yeares of your prosperous life and health, to be equall to Nestor, Arganton, and ^{Nestor} Galen. ^{Galen.} Galen, whose liues were long, healihfull Arganton, and happie. And thus wishing the dayly encrease of your worship, with continuall health, to Gods pleasure: who euer be your guide and gouernor, Amen.

Your worshipsto com-
maund.

William Bullein.

This booke to prayse, I will not be curions,
Let the wise Reader with judgement discus
The sunne neede no candel, to gine it moare light,
The Eagle requier none to teach him his flight,
Ech fruits hath their taste, and forth witness bring,
From what trees they came, and had their growing,
So is this wroke a manifest seale,
Of great commendacion, to whiche I appeale,
The beginning, scope, and ende of the counsell,
Health to preferre, and sicknesse expell.
Such matter digesting as they do assende,
Applyng good medicines those euils to a mende,
With herbes that doth binde or else be expulsive,
Vicious humours, to correct and ouer dyeue,
Diseases thus banished, and health brought in place,
Thou maiest live quietly, and finish thy race,
If death then shall come, whereto thou must trust,
Thy soule shallbe safe, let him dooe his wroste.

FINIS. quodR: B.

A Table of the contents of of this Booke of the Gouerne- ment of health.

H e Epistle	Creatures compound of more elements than one	3
Verles in meter against surfeiting commending moderate diet.	Elements felt & not seen	ib.
Verses in praise of the Book Of the Epicures life. Fol. 1	The 4 complexions diuided into fourte quarters of the yeare	ib.
Heliogabalus court fitte for Epicures	Meates and medicines bee knownen	9
Belly gods plagued	The bringing vp of chil- dren	10
Fruites of inordinate ban- quets	Best time to prouide for age	11
Variety of opinions	The description of the fourte humors	12
An obiection against phisike	Men hote , but wemens tongues hoter	13
God, author of phisike	Al things bringeth their apparell with him, man onlie except	14
God ordained hearbs for the health of men	A definition of mebers	15
The praise of Phisike	A part called by the name of the whole	ib.
A definition of phisike	What anatomy is	16
Sundry lectes of phisitions	Fourte things considered in the body of man	ib.
Phisike diuided into fwe par tes	Against dropsie	18
The discription of the fourte complexions	Helping the Emerodes	ib.
The discription of the fourte elements	Thernia excellēt triacle	ib.
	Capers good	ib.
	Miracle	

T H E T A B L E.

Miracle helpeth when phi-		A cause why the soul depar-
sickne faileth	19	teth from the body 25
Time for al things	ib.	To eate both flesh and fish
Of bloud letting	20	together hurteth the fleg-
Vsurpation	21	matike ib.
Morning best to let blod	ib.	Diuerse sorts of meates cor-
Of meats & medicines	ib.	supt the body ib.
Best time to purge	21.	Good diet prolonges life 26
+ Vomites & their profits	22	What meats doe cause good
Custome in vomiting	ib.	bloud ib.
Of bathings and their pro-		To goe to bed with empty
perties	ib.	stomacke hurts ib.
Discommodities by com-		An order in dieting ib.
mon hot houses	ib.	An order for them that bee
Afore bathing vse good		sicke. 27
ointmentes	ib.	Of sirrops and drinke 28
Perillous to bathe vpon an		As the complexion is, so man
empty stomacke	ib.	desireth ib.
Of neching	23	Moderate walke after meat
Of suppositers	ib.	profiteth ib.
Boxing good for the body	ib.	To helpe digestion by di-
		uers waies 29
Of glisters	ib.	A note which be the whol-
Manupractitioners	ib.	somest aires to dwel in 30
Beastes and birdes vse prun-		What aires doe corrupt the
ing, &c.	ib.	bloud ib.
Hot water vnwholsome	24	Corrupt aire bringeth sun
Frication wholsome	ib.	dry diseases ib.
Combing the head	ib.	Feruent praier vnto God
Cutting off haire and pa-		doeth mitigate his wrath
xing nailes	ib.	ib.
Consideration to be had in		Sweete aires to be made in
eating	ib.	time of sickenesse ib.
		What

THE TABLET.

What situation is best for an house	31	Better to lacke riches than to want quietnes & mirth
Pleasant people	ib.	ib.
Moderate exercise a soueraigne thing	ib.	Many apt similitudes for the same
What profiteth coimmeth by exercise.	32	ib.
Vse maketh labour easie	ib.	Poore mens pleasure
Idlenes the mother of mischiefe	ib.	The tormentes of the mind.
Of exercise before meare	ib.	ib.
Of sleepe and weaking	33	Thought killeth many.
To sleepe after dianer hurteth	ib.	Ire is a grieuous passion.
To sleepe on the right side best	34	ib.
Lodging to bee kepte cleane	ib.	Diuels incarnate.
To sleepe in fields is hurtful	ib.	A good face in a glasse.
The cause of the stone	ib.	Better to be spited than pitied in some case.
Remedies for the stone	35	39
Of vynes with the colours therof, and the iudgements	ib.	The vertues of Wormewood.
Contents in vine bee the chiefe things to know distases by	36	40
Of stooles, and the iudgement of the colours thereof	ib.	The propertie of Annis seed
Of doctor Diet, Quiet, and Meriman	37	ib.
		The vertue of Mouseare.
		ib.
		Of Chickweed.
		41
		The properties of sottel.
		ib.
		The properties of plantain.
		ib.
		Of Camomel and his propertie.
		42
		Of Sage and his propertie.
		ib.
		Of Polipodio and his propertie.
		43
		Of horehound and his properties.
		ib.
		Of veruen and his properties.
		ib.
		Of

THE T R E B L E

Of Rew or bearbe grace.	ib.	The vertue of Basil	ib.
The properties of Burnet.		Roses & their vertues	52
	44	Sauory and his vertue	ib.
The properties of Dande-		time and his vertue	ib.
lion.	ib.	Parcely and saxifrage, and	
Of Spinage.	ib.	their operations	ib.
Of Cucumbers.	ib.	Liuerwort and his operation	
Garlike & his propertie.	45		ib.
Onions.	ib.	Bitony and of his vertue	53
Lettis and his propertie	46	Beetes and their vertue	ib.
Mints & their properties	ib.	Maidenhaire & his vertu	ib.
Feuel and his properties	47	Nelitor and his vertue	ib.
Ilope and his operation	ib.	Peale and beanes, and their	
Sencion & his operation	ib.	operation	54
Parcely & his operation	48	Of hutles and tares	ib.
Mugwort and his propertie	ib.	Leekes & their properties	ib.
Of cabbage	ib.	Of radish and other rootes	
Philopendula aud his opera-			ib.
tion	49	Hearbs ingender melancholy	
Agremony and his operati-			ib.
on	ib.	Good things to digest cho-	
Of Dragon	ib.	-ler	55
The vertue of violets	ib.	To purge choler	ib.
Of the white lillie and his		To digest fleugme	ib.
operation	ib.	To purge melancholy	56
Centory & of his vertue	50	To prouoke vrine	ib.
Rosemary	ib.	Comforts for the braines to	
Penitroyall and his operati-		smell on	ib.
on	ib.	Things good to stoppe the	
Of mustard and his operati-		flix	ib.
on	51	Good things to prouoke	
The vertue of buglossc	ib.	neefing	ib.
		Good things to comfort the	
		hears	

THE TABLE.

heart	ib.	Of cockes, hennes, and capons	ib.
Figges and dates	ib.	Of geese	66
Of peares	57	The properties of great foulles	ib.
The friers peare	ib.	Of the flesh of duckes	ib.
Of apples +	ib.	Of pigeons and doves	ib.
A medicine for the small pox	58	Of the flesh of peacockes	67
Of peaches	ib.	Rosted pigeons	ib.
Of quinces	ib.	Of the flesh of cranes	ib.
Of cherries	59	Of swannes flesh	ib.
Of grapes : C. Reysdons	ib.	Of herons, bittors, or shouels	ib.
Sweete prunes laxatiue	ib.	Of partriches, sesants, and quailles, &c.	ib.
Of Barberies & medlers	60	The properties of smal birds	68
Of Capers	ib.		
Of Bife	ib.	The operation of fishes	ib.
Remedy for the flix	ib.	The best feeding for fish	69
How to help digestion	61	Soone labour after eating	
A medicine for the eies	ib.	fish hurteth	ib.
Porke and his operation	ib.	Fat fish grose	ib.
The description of swine	ib.	The election of fish	70
Beasts haue no reason	62	Crauises and crabs	ib.
Puddings of swine	ib.	Of oile	ib.
A plaister of Saint Antho- nies fire	63	Of water	ib.
Of rammes, weathers, and lambes	ib.	What kinde of water is best	
Of redde and fallow deeres flesh	64		
Of hares and conies, & their properties	ib.	Of vineger	ib.
A medicine for bloody eies	65	Of common salt	72
		Of hony	ib. +
		Bees example to ys	ib.
		Of milke	73
		<i>Suggeſt. 73:</i> Milke	

THE TREBLE.

Milke hot good for ful sto-	Pepper	ib.
mackes	A practice	ib.
Of Butter and Cheese	Callamus	ib.
Of egges	Of triacle	83
Of wine	Of methridatum	ib.
Heate of excesse in drinking	Of saffron	ib.
	A regiment of the pestilēce	
Beere and Ale	ib.	84
Breade of all sorts	Good aire	ib.
Rise	Noone sleepe	85
Almonds	Of sleepe	ib.
Walnuts	Exercise	ib.
Filberds	Of mirth	ib.
Nutmegs	Signes of the pestilence	ib.
Of Cloues, Galingale, and other spicke	Mithridatū andromachi	86
Cyngar		
Cassia		

F I N I S.

The Gouernement of Health.

John.



Fal pleasures and pastimes mee thinke there is none like vnto good cheere, what shoulde a man doe but passe away the time with good fellowes, and make merrie, seeing we haue but a time to liue, cast away care, wherefore is meate and bellies ordained, but the one to serue the other? The flesh that we dayly enouse is our owne. Abstinence and fasting, is a mighty enemie and nothing pleasant to mee, and bee vsed of very fewe that loue themselues, but onely of beggers, and couetous sparers, which doe spare much, and spend little.

Humfrey. I know well your godly expence of time, Iw is it is no maruell, although you make your bellie your god, and boast of it. You see that all lustie revellers, and continual basket makers, come to great estimation, as for example, Varius Hælyogabalus,

B

which

The Epicure
desireth to liue
altogither in
bellie cheere.

The Gouernment

Heliogabalus.
court fit for
hellp gods.

which was dayly fedde with many hundred fishes and soules, and was accompanied with manie brothels, baudes, harlots and gluttons, and thus it doeth appeare by your abhorring vertue, that of right you might haue claimed a great office in Hæliogabalus court, if you had beene in those daies, but you haue an infinite number of your conuersation in these dayes, the more pitie.

John. What good sir, I require not your counsell, I pray you bee your owne caruer, and giue mee leaue to serue my fantasie. I will not charge you, you are verie auncient and graue, and I am but young, wee be no matches.

Hum. Good counsell is a treasure to wise men, but a verie trifle to a soule, if thou haddeſt ſene thofe things which I haue ſene, I knowe thou wouldest not be ſuch a man, nor thus ſpend thy time.

John. What haſt thou ſene, that I haue not ſene?

Hum. I haue ſene many notable and grievous plagues, which haue fallen

fallen vpon greedis gluttons , as wa-
ting their substance, disforming their
bodies, shortning their pleasant daies: The first ces-
word of belly
gods.
and in this poynt to conclude with
thee, whereas gluttonie remaineth ,
from thence is moderate diet ban-
ished : and those bellies that followe
the lust of the eyes (in meates) in
youth , shall lacke the health of all
their bodies , in age if they liue so
long.

Ioh. Mee thinke thou canst giue
good counsell, thou seemest to be seene
in phisicke. I pray thee, is it so great
hurt to delight in plentie of banquets?

Hum. Sir, if it will please you to
bee somewhat attentiuue , I will tell
you. It is the verie graine whereof
commeth stinking vomits, sausy faces,
dropsies, vertigo, palsies, obstructions,
blindnes, flires, apoplexis, caters, and
rheumes, &c. The frutes of
imordinate
banquets.

Ioh. Is it true that you hane said to
mee?

Hum. Would to God dayly expe-
rience did not trie it, I doe perfectly
knowe it. And once thou shalt be a wit-
nesse thereof, if thou come to age.

The Gouernment

John. Then I beseech thee gentle friend *Humfrey*, declare to mee, whic there is such diuision among Phisitions.

Varietie of o-
pinions &
among men.

Hum. Thou seest among the Theologians there is much varietie , and yet but one truth. Discords bee swone knowne of Phisitions , and the Physitions be not ignorant of the generall natures of things. No diuision is al- though it doe so appeare : for regents, place, age, time, and the present state of mans nature must bee obserued, and not the olde rules in all poynts. For mans nature is soze altered and chaged, into a viler sort than it was wont to bee.

An obiection
against phys-
ickē.

Ioh. Some doe report that men of great estimation say: what needeth phisicke, it is but an inuention only for money, we see (say they) who liueth so wel, as they which neuer knewe phisicke, and so euill as these pothicarie men?

Hum. Many men be more rich than wise , and more esteemed for titles of their honours and worships, than for any other vertue or cunning , such men in some pointes, be more ingratefull to naturall remedies than dogges:

which

which can elect or choose their boniti-
ting grasse, or birdes which can choose
grauell or stones for their casting.

But to conclude with the in this mat-
ter, Plinic the great clarke , hath a

thousand reasons, to proue them foolish
that will object agaynst physicks. And

the authour of all things did well se-
see and knowe , what was good for

mans nature, when hee stretched out
so large a compasse round about the

earth , with the noble Planets and
signes, and their courses , influences

and heauenly qualities, and garnished
the earth with fruits, hearbs, flowers,

leaues, graines, oyles, gums, stones,
for mans comfort and helpe , and or-

vained the Physition for to helpe man.

Thus the Almighty hath done (sayeth
Salomon.) And in recompence , God

hath not appointed the Physitions to
be rayled vpon, or despised, but honou-

red and rewarded : yea , esteemed of
princes. And seeing good nature and

wise men bee on my side : I force not
of other mens phantasies, with whom

neither good wisedom, nor good na-
ture is guide.

God the au-
thour of
physicke.

The inestima-
ble goodnes of
God ordained
hearbes for
the health of
man.

S. Salomon.

Eccle. 36.

The Gouernement

Ioh. Why is phisicke of such great authoritie, or hath it bin in estimation among olde fathers, May that be proued of thy parte?

Hum. Bea that I can.

Ioh. If thou canst bring in any reverent fathers that loued phisick, I will not despise, but greatly esteeme it, and desire counsell in deuaunding of a fewe questions.

The praise and
excellencie of
phisicke.

Moises.

Adam.

Jesus Sirack.
cap. 38.

Diodoro.
Test.
Ouid.
Meramer.

Hum. Phisicke hath beene in so hie an estimation, that the Gentiles did al consent, it came from the immortall gods. The Hebrues did well knowe it, as Moises in the most auncient booke, called Genesis primo, doth describe the worke of the almighty God: of herbs, fruites, and plantes, that Adam might teach the vertues of the to his childdren. Jesus Sirack whiche was endued with the spirit of God hath leste a laude behinde him greatlie commending Phisicke amongst the diuines of the Hebrues, Mercurie amongst the Egypcians, Ouid doeth greatly commende Apollo, the iuenter of herbes, when they were almost out of memorie, he recyued their vertues, and taught

their

their nature to others that followed him. After that came in Aesculapius, which did many most excellent cures. And Chiron, the instructor of Achilles, whose name can never die as long as the herbs Centauri, groweth upon the earth, which is called after his name. Podalirius, & Mechaon, were two brethren, in the time of the battel of Troy which were excellent Phisitions, and be greatly commended of Homer, who was more excellent than Hippocrates, in the Isle of Creuse: whose works will never die, for he brought in Phisick, and digested it into faire booke, for mans great health. Then came Galen, not unknowne to all wise and learned Phisitions. I could rehearse mante nice, but this shall suffice to prooue Phisick to bee of greate authoritie amongst the olde fathers.

Chiron
centaurus.

Podalirius.
Machaon.

Hippocrates.

Galenus.

Ioh. I pray thee friend Humphrey, what is phisick? I would bee glad to learne some of thy knowledge, for thou hast a good order in talking, and seeme to be grounded of authority. Therfore I am sory that I haue contended with thee:

The Gouernement

I pray thee be not angry with my former talke.

Hippocrates in lib. de fla.

A definition o^f physicke.

Hippocrates in primo

Aphoris.

Theoricha,

Herodot.

Hum. Hippocrates in his booke of windes or blastes, saith that phisicke or medecine is but a putting to the body which it lacketh, or taking from the bovie things superfluous. And al- though our life be short, yet the art of phisick is long, because great numbers of things be in it, and requireth much study, labour and practise, and first of all, it requireth much contemplacion or knowledge, in studying good bookes, which is called Theoricha. Secondly the very effect of contemplation or study, is practica or actiua, which is doing of the things, that learning hath taught, as repairing, amending, or preseruing the bodies of men, women and children, &c.

Ioh. It seemeth to be a goodly science.

Hum. Herodotus saith : they greatly erre that call it a Science, for it is an excellent Art in doing of notable thinges. And science is but to know thinges. There is also in this excellent art sundry sectes of phisicians, some be called

called Emperici, who suppose that only experience doth suffice, and so by vse and experience dooe take in hande to heale diseases, not knowing the cause of the said disease or sickenes. Philinus philinus. was one of that secte at the first begin-
ning. Then followed Serapion, and Serapion. after that the Apolonis. And then came Apolonis. Glaucius, Menadotus, Sextus, &c. An-
other kinde of phisicions, be called Methodici, which neither obserue Methodici. tyme, place, age, state, nor condition: & think them things of small profit, but onely their respect is to their disease: they loue not long study in phisick, & are greatly deceyued, because they would build without foundation: and haue the fruits before they haue planted the trees. These mens cures bee but by chaunce medly. One Sirus began this, which receyued certaine rules of As-
klepiades. Asclepiades. The chiese and best sect of Phisicions called Dogmatici. These be Dogmatici. the wise men which set not the cart be-
fore the horse, nor the rootes of the trees vpward. They doe prudently consider the chaunge of mans nature, the dwelinge place, the alteration of
the

The Gouernment

the aire, the time of the yeare , the custome of people, the maners of diseases , the fashions of mens diet . And this they will proue by true arguments and reasons, and will bee verie carefull for their patientes . The discip-
ples of those men, be the best scholers, therefore I counsell thee John to loue wel Hippocrates the prince of Phisi-
cions, which began the best maner to giue rules to al the louers of phisicke . Of this writeh Galen , much lauding Hippocrates and his followers, and in these daies Leonhardus Futchius, Ma-
theolus, &c.

Ioh. Seeing thou hast spoken of sundrie partes of Phisiitions, I pray thee what partes be there of phisicke ?

Galen de elemen. de temp. de facul. ^{abnigata} Phisicke deui-
bed into three partes . Truly there be five thinges to be noted in phisicke, as five pri-
ncipall partes, as Galen saith : in lib. de Elementis . The first is, to consider the nature of mans bodie . The second is, to keepe the bodie in health, and to defend it from sickenes and infirmities . The third is, to know all the causes, rules, and seedes, wherof the sicknes doth grow . The. iiii is Crises or iudgement
of

of the disease of thinges present, past, and to come. The fift h is the best and most excellēt, for it sheweth the maner of healing, dieting, fashion, order, and way to helpe the sickē bodie, and p̄serue the same, as long as man doth remaine in the state of life.

Ioh. Thou hast spoken of the partes of phisicke, what is the forme maner or distribution thereof?

Hum. It is distributed in 3. formes, one is natural, another vnnatural, the thirde against nature. The first is, by those thinges wherof the body is compact, constituted or made, as Galen saith: in his. iii. booke of his Temocramentis. Cap. 4. The second is called not natural, as meates or things to p̄serve the body in health, they be not called vnnatural, because they be against the bodie, but because the rāsh taking, or glotonous vsing of them, may bring many thinges to the vter deſtruction of the bodie. The third, bec̄ things against nature, which doth coruert the bodie or pollute nature wherof of Galen w̄riteth.

Gal. lib 4 de
temp. cap. 4.

equilibrio
et in ratione
ordine natura

Gal. in lib. 2
Therap. metho.

Ioh. Now

The Gouernment

Ioh. Now thou hast taught me short
rules of the partes and formes phisicall,
I pray thee shewe me some pretie rules
of the complections of men, and that I
may aptly knowe them with their pro-
perties, elements, temperaments, and
humours.

Hum. Upon my Lufe some time, to
recreate my selfe, I ioine with my sim-
ple harmonie, many plaine verses. A-
mong all other one small song of the
four complections: wilt thou heare it?
take that chaire and sit downe, and I
I will teach thee my song.

Ioh. I thanke thee.

Humfrey.

The bodies where heat and moysture dwel,
Be sanguine folkes as Galen tell,
With visage faire and cheekes rose ruddy:
The sleepes is much, & dreames be bluddy.
Pulse great and full, with digestion fine,
Pleasantly concocting flesh and wine,
Excrements abundant, with anger short,
Laughing very much and finding sport,
Urine grosse, with colour red:
Pleasant folkes at boord and bed.

The descrip-
tion of san-
guine persons.

Where

Where cold with moisture preuaileth
 Flegmatike folks be alwaies such, (much,
 Fatnes softnes, haire plaine and right,
 Narrow veines and colour white,
 Dull of wit, no heart, too bold,
 Pulse very slow, digestion cold,
 Sleeping ouer much, vrine grosse and pale,
 Spittle white and thicke thus ends the tale.

The descrip-
tion of the
flegmatike
persons.

Choler is hot and drie as fire,
 Leannesse of lims and puffed with ire.
 Costiue bellies, with lite sleepe.

Dreames of fier, or wounds deepe.
 Sallowe coloured, or tawnye red,
 Feeding on salt meats, and crustes of bread,
 Voice sharpe, and quickenes of wit,
 Vrine yellow and saltines of spit,
 Pulses swift, and verie strong,
 Cruell countenance, not anger long.

The descrip-
tion of the
cholericks.

Melancholy is cold, and very drie.
 As here in rime the signes will trie,
 Haire plaine, and verie thin,
 A leane wretch with hardnes of skin,
 Colour whitelie, or like to lead,
 Much watch, and dreames of dread,
 And stiffe in folish fantasie,
 Digestion slowe, and long angrie.
 Fearefull of minde, with watric spitle,
 Seldome laughing, and pulse little

The descrip-
tion of melano-
cholie.

The Gouernment
Yrne wateric, and verie thin,
The colde earth, to him is kin.

Ioh. This is a good song, and I will
learne it, for though it seeime not verie
pleasant, yet I perceiue it is profitable.
Now thou hast spoken of the signes of
the 4. complections, I praje thee teach
me shortly, howe to knowe the ele-
ments.

Hippocrates de
Element. Avic. in
cauicca.

Hum. They be the fourre beginners
vnmingled and vntempered, from
whose mixtures euerie corporall thing
hath his substance.

Ioh. What be the partes? I pray
thee tel me.

Hum. Fourre, the one is earth the
heauiest matter and grossest, which is
colde & drye, and melancholy. And the
other is water, which is lighter and
more subtil then the earth, and of na-
ture is cold, moist, and fleugmetiche.
Then is ayre more purer and lighter
then water, and if it bee not altered
with any other straunge cause, it is
hot and moist and sanguine: Then fier
is most light, pure and cleare, a clarifir
and a clenfer of al the other clementes,
when they are corrupted, and is of his

The descriptio-
n of the 4.
Clementes.

Avic. in li. S.
a. a.

owne

owne nature hote, drie, and cholerick.

And of these four Elements, both man, beast, fishes, soule, hearbe, stone, mettall, haue their proper working, not of one of the Elementes alone, but of all: some more and some lesse, according to their natures.

Hippocrates saith: after the soule is gone from the bodie, the body doeth returne to the first matter whereof it was made. And to conclude, all things that be made vpon earth, shall returne unto the earth againe in tyme.

Ioh. What, might not men, beasts, fish or foule, hearbe or tree, bee of one element alwell as of four? I pray you tell me.

Hum. No, for Aristotle saith: *Deus ex natura nihil agunt frustra*, God and nature hath done nothing in vaine. And if any thing vpon the earth sensible were of one element, no sicknesse could hurte it, nor disease corrupt it, but euery thing living vpon the earth, seeing it hath had beginning, it must needs haue ending, to whom these four complections dooth belong.

Hippocrates in
lib. de na.

Creatures are
compounded
of more ele-
ments than
one.

The Gouernment

if they do greatly abound or diminish or withdraw their vertues with quantities or qualities.

Ioh. May a man see any of the Elements?

Hum. The thing which men do see be none of the foure Elements : not earth, but earthie, not water, but wa-trie, not ayre, but airie, not fier, but fire. But the things which man doth see, be the foure Elements, as earth, aire, fier, and water. And these be the uttermost simples of complexions, di-uersly and specially, alone of them selues, or mingled with other, taking sundrie and diuers effectes, maners, condidions, formes and qualities, both in man and beast, and euerie living thing, sensible and insensible.

Ioh. What is the complexion of the quarters of the yeare, and names of the signes?

Hum. The spryng time when bloud doeth increase : Summer when red colour doeth rule: Haruest when colour aduste, or melancholy doeth reigne. Wynter when fleugme doeth abound in full strength. It is called wynter from

Elements
felt and not
seen.

Hippocrat.
in lib. de Natura
humana.

Winter,
Spryng.
Summer.
Haruest.

from the twelvith day of December, unto the tenth daie of March: This season is colde and moiste, it is called spring time, from the .xi. day of March, and endeth about the .xii. day of June. Summer begins about the .xii. day of June, and endeth about the .xii. day of September. Autumne or Haruest, beginneth about the .xiii. daie of September, and endeth about the .xi. daie of December. Capricornus, Aquarius, & Pisces, be winter signes, Aries, Taurus, & Geminis, be signes for the spring. Cancer, leo, and Virgo be the signs for Summer. Libra, Scorpio, and Sagitari, be the signes for haruest. And the sun goeth through al these xii. signs in xii. months. And þ þonne goeth xii. times through each of the foresaid signs once in the yeere, and do take sundry effects in man, beastes, and fruits, in the said signes: hote or cold, moist or drye.

Iho. What be the complexions of medicines?

Hum. Those things that ouercome and gouerne the body, as purgations, expulsives, &c. These be called medicines, and those things that nourisheth Auii.in.ps.
can.

The Gouernment

Meates and
medicine be
knowne by
tastes.

and augmenteth the bodie, bee called
meates. For the complexions of meats
and medicines bee knowne by their
tastes, as coldnes, hotnes, moistnesse,
drynes, bitternes, saltnes, sweetnes, fat-
nes, sharpnes, stipticke, and clammie.
And because thy request is to haue
prescribed vnto thee, but onely a little
gouvernment of health: I will shewe
vnto thee another of my little songs,
in plaine meetre, how thou shalt know
meates and medicines by their tastes.

John. That is my chiefe desire, I will
heare thee, say on.

Humfrey.

Cold.
Moist.
Salt.

Cold quencheth the cholers pride,
Moist humecteth that which is dried,
The flowing moisture, by prooffe I trie,
Is wasted of humours hote and drie,
The subtil foode, that is piersing quicke,
The clammy meates, maketh it thicke,
Bitter things, cleanse and wipeth oft,
And expell fleugme, and maketh soft.
Salt drieth, and resolueth fleugme tough,
Fat nourisheth, and makes subtile inough.
Stiptike or rough taste on the tongue,
Bindeth and comforteth appetite long.
Sweet things in clen sing, is very good

*It dissolueth much, and nourisheth blood.
These things well vsed, nature will please,
But abusing them beastly, bringeth disease.*

John. In good faith, me thinks thou sayest well, for there apeare perfite reasons in these thy pretty rules. Now thou hast declared vnto mee, the signes of complexions of men : with the way and apt knowledge of meates by their tastes. I would faine learne, shortlie the temperaments and complections of mankinde.

Hum. There was never so discreet nor wise phisition, that either feared God, or pitied mankind, or loued his owne honestie, would take in hand either to prescribe diet, or to minister medicin to any body, before he wel did consider, and wisely wey with himself, the temperament, mixture or complexion of mankind: first, whether he were hot or colde, moist or drye, fat or leane, or indifferent betwene them both : tempered by health, or distempered by sicknesse, as the extremities of hotenesse, coldnesse, moistnesse, and drynesse. Therefore John, these things may not bee forgotten : you must note also the

Auct. in pri. tract.
cantico. Gal. lib.
1. cap. 2. lib. 3.
cap. 3. lib. 4. cap.
vlt. Sim. Med.

The Gouernment

soure ages of mankinde, & first the tender state of children, which beginneth at the birth, & so continueth vntill xv. yeres next after their said birth: Their temperaments or complections, be hot and moist, very like vnto þ seed wherof they bee procreated, then next vnto childhood or innocēt age. Youth which is the second part of life, beginneth to reigne, his temperament or complection hath rather more firy heat, than perfite naturall heat, and this second age, continueth for ten yeares, as Galen sayth. Well, in these two first states of life, let all naturall fathers & mothers bring vp their youth, set God before their eyes, for they haue no smal charge committed vnto them, that must gine account to God, how they haue brought vp their children: and they that in these yeres do spare correction, truly be grieuous enemies vnto their children, and at last shalbe recōpensed with shame, when they shall see misfortune & wretchednesse fall vpon the fruites of their owne seeds. For men haue smal profit of their corne, which be cheked and overcome with Thistles, Bypers, and Brakes,

Gal.lib.5.
Aphor. com-
men.9.

An earnest
brieke exhorta-
tion for the
bringing vp
of youth.

Brakes which were not weeded in time , much lesse of their children , which haue receyued neyther correction nor honest learning in due season. If the keepers of gardens be carefull ouer their late sowne seedes , and tender hearbes , which are in daunger to bee destroyed of euerie frost : What shoulde good fathers and mothers doe for their children , whose tender and youthfull yeares bee carryed away, and ouercommied of euerie foolish fantasse , and it is no maruaile . But this shall suffice for the wise , and smally profitte the fooles : but to my matter which I tooke in hande , I will returne vnto the thirde age of mankinde , which is called the iustie state of life , and beginneth at xxv.yeares, and continueth vnto xxxv. This age is hote and drye, and verie cholericke , as Galen sayth : This part of life is subiect to manie burning and extreeme feuers , and hote vlcers : therefore it is necessarie to knowe this temperament of complexion , which is called cholericke , as plainly may appeare by age,

Galen,in lib.
Simp.

The Gouernment strength, diet, drine, &c.

The best time
to provide for
age.

This is the best time for mankind to trauell in, with godly exercise in science, arte, and profitable trauellcs in his vocation, putting in practise, the vertues which he hath learned in youth, for this is the sommer part of life, wherein all goodly frutes do florish in euerie good occupation. This is the very haruest to gather the precious corne, and the frute of their labours against the colde stormes and cloudie daies of their aged winter, wherin the bodie shallbe weake, and the eies sight decay, and the handes tremble, and therefore it is not comely to see the state of age, without rest, which in the time of youth, did honestlie trauell. For there is a grace giuen to many creatures vnreasonable, both beastes and foules: to make prouision before hande, what is then to be required of men reasonable, as foloweth in these verses.

THE Bird in time her nest can make,
The Bee will build his house full fine,
The Crane with stome in foot wil wake,

The

The Conie will carue vnder the myne,
The Squirel in trees her nuts can keepe,
Against colde winter to feed and sleepe,
And shold not a man well foresee,
In youth to know his old degree?

Then from xxxv. or sev yeres folowing, the lusty braunches of youth, begin to abate his pleasant leaues, flowers and fruit by little and little wil decay, raw humors, crampes, droppes, quaterns, melancholy, will then drawneer. The riots, surfets, soore labours, bearing of extreme burdens, wrestling, actes venerous with the abuse of youth, wil then spring forth, to the detriment of age and sodaine decay of life, in especiall of drunckardes.

Ioh. What, be the places of bloud,
Choler, Fleugme, & Melancoly, natu-
rall or vnnatruall? Thou hast not made
a particular distinction of their proper
places, but generally thou hast spoken
well in thy song.

Hum. There are also other descriptions of the four humors very necessary to bee knownen, and their places whereas they dwell within the

The Gouvernment

The four
humours na-
turall and
unnaturall are
described.

body, and first of bloud, as Galen saith: in his first booke of effected places, bloud (saith he) that is in the pulses, doeth greatly differ from the bloud of the veines, for the bloud of the pulses is thinner, yelower and hotter, and this bloud, may bee called the gouernour of life. The spring and fountaine of the bloud generall is in the liuer, which serueth euery veine of bloud, and this bloud in colour is verie redde. Fleugme is white, & is engendred in the stomacke, and at length by the vertus of naturall heate, pure fleame is turned into bloud. There be also swarie, slimy, glassie, grosse, salt, sover, thicke, hard binding, and extreme cold fleamies, which in dede be unnaturall, that bee engendred thorowe surfets, coldnes or idlenes, bringing to the body many noisome deseases. There is also choler, which is yelowe, whose place in the body is the gall, which commeth of the cleensing or purifying of bloud: and this choler is cleare, hote and drye, and the comforter of decoc-
tion. Greene choler, or choler myn-
gled with fleugme, be unnaturall, me-
lancholy

lancholie naturall : in the Spleene
is nothing but the sixe degrees, or hea-
vie residents of the bloud , the natu-
rall melancholie is knownen by his
blackenesse, the vnaturall commeth
of the burning of choler , and is ligh-
ter and hoter, browne of colour, sower
oftaste, and putteth the bodie in great
daunger: as madnesse, blacke ianders,
continuall feuers, and sodaine deadly
diseases. Therefore my friend Iohn,
remember this shott description of hu-
mours, as the wordes of Galen and A-
uicen say.

Auicen in lib.
can.

Iohn. Thus I haue heard thy seue-
rall placing of the foure complecti-
ons of bloud, Choler, Fleugme and
Melancholie, and is there anie distinct
hotenesse, coldnesse, inoystnesse, and
drinessse, in anie other creature besides
man? tell me.

Hum. Not onely in man , but
in beastes, fish , foule, serpents, trees,
herbes, mettals, and euerie thing
sensible and insensible , according to
their natures, and bee equally mix-
ed or tempered togither, which is cal-
led meane temperance, or else excee-
deth

The Gouernment

Galen. in lib. 4.
de tempor.

deeth in degrees, which is called intemperance, hote and moist, may be compounded together, so may colde and drye, hote and drye, colde and moist: example, A cholerick man, hote and drye: a sanguinike man, colde and moist, &c. Of hearbes, as *Hysope* and *Kew*, hot and drye, *Purplen* and *Cowcumbers*, cold and moist, &c. But temperaments or complections of men, beasts, and trees, be some hoter, some colder, according to their natures. As a *Lion* is hoter than a cholerick man: *Pepper* is hotter than *Cloues*. And though there be degrees in more hotnesse or more coldnesse, yet they are called but hote or cold, as men after labour or trauell, they will say they are hot, but the fire which people warme them at, is hotter.

Also there bee things repugnant to temperaments, as moiste and drynesse together, heate and colde, nette together, as fyre to bee colde, or the water of his owne nature to bee hote, which water peraccidence of the fire is made hote: and fire quenched by the water. And euerie thing

thing exceeding greatly with distemperance or wanting temperance or complexion, do oftsoones come to an end, as man by extreme sicknesses, sursets or woundes, or finally age, lacking naturall vertue. Of heate and moistnes of trees and hearbes, from whom iuite and sap is withdrawalen, these things of necessarie must needes die, and come to corruption, as Galen and Aristotle saie.

Galen. in lib. 4,
de tempor. Arist.
de Gene.

Ioh. Whether be men or women of colder complexion?

Hum. Auicen saith: like as men
be hot and dry, so be women colde and
moist.

Ioh. Yea but Lucian saith: they be
perillous hot of their tongues & full of
venim: though I am no phisicion, yet
can I make a description of that mem-
ber, for I am oftentimes stinged with
it, I would to God they had beene wor-
med when they were young, but when
they are olde, they are past all cures: but
the best medicine that I haue, it is a
gentle herbe called Rewe, of which I
am neuer without great store.

Whether this
be true let the
married judge

Hum. Mankinde was boþne naked
to

The Gouernment

Every thing to this ende , that hee might cloath
himselfe with other creatures : which
hee brought not into this world with
him , as cloath , leather , harnesse
made of iron , for his defence , because
he is the chiefe creature . But ho-
ses of nature haue hard hooftes , Li-
ons sharpe teeth , Porpentines sharpe
prickes , which is their continuall and
naturall armour , as thinges euer
prepared to debate and strike , and
by no Art can scant bee tamed . The
Rose as pleasauntly as shee doeth ap-
peare , and as sweetely as shee doeth
smell , spring not further without a
greate number of sharpe prickes .
Therefore it is tollerable for men to
beare with them whom nature hath
sealed and marked for his owne .
With that humeur most cholericke ,
digresse from this thy communication ,
and let vs talke of thinges more pro-
fitable , for in deedes this is pleasant to
no man .

Ioh. Seeing thou wilt not describe
me these particular members , of which
wee haue spoken , I would bee glad to
know the partes of mankind , with a
short

short description of his members.

Hum. Members be simple and also compound, the simples be ten in number, the cartillages, the gristles, the bones, bernes, and synewes, arteries, pannicles, ligaments, cordes, and the skinne. Members compounded, definition of members. bee those that be ioyned and builded together of simple members, as the handes, face, feete, lyuer, and heart, and so compounded members be made of simple.

Some of the compounded members be called principalles: as the heart from whence the arteries sp̄ings, the braine, from whence the sinewes sp̄inges, the liver which is the well of the bloud, from whence the veines doe sp̄ing, and the stones of generation from whence the seed of life sp̄ingeth: but those compounded members that bee principall bee all the other members except the simple, as the nosc, the eares, the eyes, the face, the necke, the armes and legges, and the braines and chiese substance of our flesh, bee compounded members of sinewes, and couered with panacles which bee of a

sinew

The Gouvernement

fnew nature , but that sinewes giue
feeling to all the whole bodie : even as
the arteries giueth spirituall bloud
from the heart to euerie member. The
whole body is covered with skinnes and
skinnes. Out of the head springeth
hard matter issuing from the places
called the pores, to purge vapours and
smoke from the braine , which ascen-
deth out of the stomacke into the head,
and is cleansed through pia mater, cal-
led the tender couering of the braine
or spirites animall. And therefore as
some partes of the bodie being diuided
in sunder, be each like unto the other,
and yet called by the name of the
whole , as for example : When the
bones be broken in sunder, or the flesh
cut into diverse pieces , or the blood
powred into sandrie vessels , a peice
of flesh is still called flesh , a fragment
of a bone, is called a bone, and a droppe
of bloud is called bloud : Even so an
hande, arme, beyne, or such like unse-
parate partes beeing diuided into
pieces, or called by the name of pieces,
and not by the name of the whole
part (as is before.) But my friend

A part is cal-
led by the
name of the
whole and not
the whole by
the part.

John

John, to make a large description of Anatomie, it were too long for mee, but shortly I will say some thing. And first, the definition thereof is, when the bodie of a dead man or woman, is cut and opened and the members diuided, or for the want of dead bodies to reade good bookes, as Galen, Auijen, &c. And it behouereth them that cutteth a deade corps, to note foure things. First, the nutrimentall mem bers, as the liuer with the beynes: the second is, the members spirituall, as the heart with the arteries: the third is, the animall members, as the head, braines and sinewes: the fourth and last, be excrements of the bodie, as armes, legges, skin, haire, &c. Of these said members, with the bones, is all the bodie compounded. And like as euerie tree and hearbe, haue their rootes in the earth, and their braunes springeth upward, euuen so the rootes of mankinde, haue the begining in the braine, and the sinew and branches groweth downeward: in the which braine, dwelleth the vertues of imagination, fantasie, memorie, &c.

What Anato-
miae is.

Foure things
considered in
the bodie of
man.

Example.

And

The Gouernment :

And these animall vertues, be placed
as it were heauenly aboue al the me-
bers, communicating their heauenly
influences, down vnto the heart, as to a
prince, or chiese ruler within the body,
which giueth life to every part thereof.
Thon shalt consider, that the hart was
the first that received life from the spi-
rites, and shalbe the last that shall die.
Note also, that as there be noble sences
giuen to the body, as seeing, hearing,
smelling, tasting, feeling : even so na-
ture hath foure principall vertues,
first Attractiue, the second Retentive,
the third Digestiue, the fourth Expul-
siue. Attractiue is that by the which e-
very part of the body draweth the food
of life, & serueth the vertue digestiue,
and the Retentive doeth holde the
meate vntill it be readie to be altered
and changed. Digestiue doth alter, and
maketh the foode like vnto the thing
that it nourisheth, as flemme, bloud, &c.
Expulsive separateth them from the
other, the good from the bad. Thou
oughtest also most chiefly to learne the
knowledge of the veines, and for what
sicknesse, they must bee opened, and
what

what medicins either in strups or pills thou must vse. And first marke this figure of the Anatomie here present before thee, with the heauenly signes, because I haue not painted at large the severall parts of the said Anatomie.



The Gouernment

The middle veine of the forehead
is good to be opened against Megrism,
forgetfulnes, & passions of the head.
And they that be let blood of this, or any
other veyne, must first haue their head
purged with pillule Chochi Rasis, or
some purgation, but first vse thinges to
extenuate matter, as syrruppe of Wu-
glosse, &c.

Against Leprosy and deafnes. Let
bloud the two veines behinde the eares,
and vse the said pilles or els pillule
Aurea Nicholai or Arabice, or cōfēctio
Hameth minor.

Against replexion or too much bloud,
or bloud in the eies, flowing in the
head, vpon the temple veines called
Artiers, for they bee cuer beating. And
vse to purge with pillule Artritice Ni-
cholai or puluis, ad epithema Hepatis.

Against Squinancie, stopping the
throne, and stopping of the breath: Let
bloud the veines vnder the tongue.
And for this vse Philoniumaius Ne-
cholai and Gargarismes pilule Bechic
and oxymel Simplex.

Veines called Dzirinales, open not
without

Without great counsaile of a learne d
Physcion, or cunning Chirurgion.
They be in the necke, and haue a great
course of bloud, that gouerneth the
head, and the whole body.

Against short winde, and euill bloud
aproaching to the heart, and spitting
bloud. Open the vaine called Co-
diaca, or heart veine, in the arme. Use
thinges to extenuate. as Aromaticum,
Chariophillatum Mesue, serapium ex
Absinthij in colde time, serapium Bo-
raginis hote time, and pillule sto-
mach i.

Agaynst palse, yellow Jaundies,
burning heats, and apostumations of
the liuer. Open the liuer vein vpon the
right arme. Take Scapium ex endiu.
Diamargariton frigidum Auicennie.

Against dropsy, open the veine be-
tweene the belly and the braunch, the
right side against the said dropsy, and
the left side against the passions of the
milte, but bee not rashly, unlesse ye haue
the consaile of one well seene in the
Anathomie. Use pillule Hierc cutti
Agarico.

Agaynst the stopping the secretes

Helping the
Emorodes.

The Gouernment

tearmes or fluxions of women, or hel-
ping the Emerods, and purging sores,
Open the veine called Sophane vnder
the ancle. Theriaca Andromachi, Pil-
lule, Mastichine, Petri de Ebano.

Thereas is an
excellent
triacle.

Within twentie houres after one
is infected with the pestilence , com-
ming sodenly : Open the vein between
the wrost of the foote, and the great toe.
Use Serapium Cichorij , and Pillule
pestilentialis Ruffi.

Against stinking breath: Open the
veyne betwene the lip , and the chin.
Use for this Catharicum imperiale .Ni-
cho. Alexandri.

Against the toothake : Open the
veine in the rofe of the mouth . And
first purge with Pillule. Choci Rasis, or
with pilles of masticke.

We to eat Gas-
ters, and take
Pillule Iude, Ha-
ly, or pillule de
lapide Lazule.

Against quartens , tercians , and
paines of the left side: Open the splene
veine, commonly called the low veine,
with a wide cut , and not deepe : For
Chirurgions nicely pricking or ope-
ning veynes , with little Scariffaci-
ons, doe let out good pure bloud , and
still retaine , grosse , colde , and drie
earthly matter , to the great hurt of
their

their patients. And albeit many more deynes might here be spoken of , and their vtilities , yet this shall well suffice by Gods grace to kēpe all people in health , that vpon iust cause haue these deynes opened : except olde men , women with childe , and chilren , vnder xiiii. yeares of age , or men after diuerse agues . For bloud letting , will then engender perillous palsies . as verie excellent Phisitions haue well declared . And after one be infected with the pestilence xxiuii. houres , before hee haue receyued medicine , or bloud letting , miracle helpeth him , but truly no medicine hath vertue to doe it .

miracle helpt, but no medicine in this case,

Ioh. This same figure although it appeareth in many bookes : yet verie fewe do vnderstand it in all points , such be the secrete workes of nature . And whereas thou hast well spoken of some veynes , and apt medicines for the body : I woulde faine see the true forme and shape of the bones .

Hum. Oh Iohn , it were a long time to shewe the singular members with compounds , as Galen doth in his booke of the partes and bones . It requireth

The Gouernement

onely one worke, but I haue taken in hand to teach thee but a Gouernment of health : notwithstanding at thy request, I will briesly rehearse the number of the bones , no lesse trus than newe, which is, the verie timber , or postes whereupon our fraile flesh is builbed , beginning in our mothers wombes, and ending in earth the mother of all things . And as the noble prince Auicen affirmeth , the number of all the bones, be two hundred fourty and four, beside Sasamina, & Os laude.

Ioh. Thou hast spoken of the opening of veynes , and medicins conuenient to cleanse the bloud, with the number of bones , but thou hast not spoken of conuenient time when to let blood, nor of the state or age of them whose veynes should be opened. Therefore I would be glad to learne, not onely time of bloud-letting , but also, of purging, the belly vomits, bathings, neesings, and rubbing of the bodie, &c.

Time for all
things.

Hum. Every thing bath his time conuenient , and must bee done with sober discretion , and not with rash ignorance , which killeth an infinit number,

number. Therefore the cause must be knowne, and the time obserued, as Galen writeth in the Commentarie of the Afforismes of Hippocrates, manie bodies be extinguished by suddē death, in whom is extreme fulnesse, or abouundance. For abundance of blood or any other humor sayth Aristotle, is the cause of many sickenesse, and those men that haue much gluttonie in Winter, shall bee apt to receyue manie diseases in the Spring time. Therefore when the bodie hath extreme heat, fulnes of veynes, flushing, with sodain rednesse in the face, gresse and red vrine, and such burning heate in the night that let the sleepe, &c: then it is tyme to euacuate the bodie, with some purgation, bloud letting, or abstinence as the strength and age of the patient will serue. For manie diseases, be helped by discrete bloud letting, as Plurises, hot Feuers, Fren-
 sies, Repletion, or Sursets taken with ouermuch eating or drinking, as Galen sayeth, The letting of bloud dryeth vppe the superfluous moisture of the bellie, helpeth memorie,

Hippo.in p.
Affor.3.

Aristote.in pti.
prob.56.
Auct.in 2.pti.
doct.2.cap.6.

Galen in lib. de
sloboromia.

The Gouernment

Rasis in 4. all-
men. cap. 14.

Rasis in 4. all-
men. cap. 14.

The middle
veyne.

purgeth the bladder, quieteth þ brainte,
warmeth the marrow, openeth the o-
gans of hearing, helpeth digestion, in-
duceth sleepe, &c. Unto this agreeth Ra-
sis, saying, it helpeth greatly against
Leprosie, Squinances, Appoplexes,
Pestilences, &c. But old men, chil-
dren, or women with childe, ought not
to be let bloud, nor also those people
that dwell in colde regions, may not be
let bloud, because the bloud is the chief
warmer of nature. The people that
dwell in hot regions, if they be letten
bloud, it will dry their bodies, for bloud
is the chiese maister of nature. There-
fore is the heate of Sommer, and the
coldnesse of Winter, foridden to open
veynes, or let bloud, except for a stripe,
or sudden chaunce, as Rasis sayth, the
spring of the yeare is the chiese time
to let bloud in the right arme, or right
foote, in the veyne called Mediana.
Whiche veyne must bee opened aswell
at other times in the beginning of sick-
nesse, as hot fevers, and plurisses, &c.
as Basilica should bee opened in the
middle, or toward the ende of a sick-
ness. Purgations ought to bee mini-
mised

ffred with great discretion , and not rashly to be taken, for euerie trifle as thou hast heard me speake of bloud letting. So obserue the selfe same rules in purgation, as time, person , qualitie, or quantitie. For Hippocrates sayeth , without doubt it is needfull to purge the superfluitie of the bodie. As if bloud doe abound to take things to purge bloud. If fleugme be superfluous, then take things to cleanse his superfluitie. If choler bee too ardent hote, vse things to extinguish: If melancholy be too extreme then take things to bring him into a meane . And not to purge one humour with the medicines of an other, but to take them in due order and aptnes . For the said humours as Valarius Cordus. Mcsue, and Nicholas, teach the maner of making of the most excellent purgations with their quantities . And as in bloud letting sleepe must bee auoyded for viii. or xi. hours after them : so when your purgations be taken, aire is to be avoided and to be kept close for ii. or three daies or more as the malice of the disease, or power of the purgations be, & the coun-

Hip. in 3. pri.
doct. 2. cap.

Purgation in
medicines is
euill.

In the morn-
ing is best to
let bloud, euill
toward night.

The Gouernment

Rasis in 4. al.
vagin. cap. 15.

spantes and
medicines
greet not ex-
cept pils be-
fore supper.

Time to
purge.

saile of Rasis must bee followed: which sayth, oftentimes to take Purgations or laxative medicines doeth make the bodie weake, and apt to the Feuer ethicke, and specially in verie leane or weake persons, they that bee verie fat haue small guts and beynes, purgations bee verie noisome vnto them. But strong bodies hauing large vessels, may sustaine purgations without any hurt, but strong purgations, either in pils or potions, if they any thing do exceede be verie hurtfull: therefore the dozes or quantities may not exceede, And also they must bee made as pleasant as Art can doe them, vntesse they offend the stomacke. Hippocrates giveth counsell that men shoulde not mingle medicins with meate, but so take them thre or fourre hours before meat, or else so long after. Unlesse they bee pils called Antecibum, which may bee taken at the beginning of supper, or else Pilli chochi, a little before sleepe, two hours after supper. The best time of purgations is in the spring time, as the doctorz doth affirme: the apt dayes and signes are commonly knowne in the

the English Almanacks, calculated in to English. As in the writings of master Leonard Digges, and of William Kenningham, a learned student both in Astronomie and Phisicke, with manie
good men that laketh paynes to profite the common wealth. There is another maner of purging of the bodie by vomit, for it clenseth from the mid-
risse upward, if they haue large brests, and be cholerick persons. It is good a-

gainst dropsies, & leprosies, & better in summer than in winter, as Hippocra-
tes saith: and wholsomer one houre be-
fore supper than at any other time, and
not to be vsed as a custome: for the cu-
stome of vomits hurteth greatly the
head and eies, and maketh the stomack macks.

so feble, that it will scant beare anie
meates or drinke, but eftsones cast
them vp again. They which haue nar-
rowe throtes and brestes, and long
neckes, vomits be neither apt nor good
for them. And Auicen saith, that vo-
mits ought to bee twise in the Mo-

neth for the conseruation of health, but
that which is more doeth hurt the bo-
die, There is another kinde of the

Digges.
Kenningham.

Hip. Sent. in 4.
Aphoris.

Custome of
vomit weak-
neth the no-
macks.

Auicen in 4.
Pri. cap. 13.

of bathes and
their proper-
ties.
cleansing

The Gouernement

The discom-
modis of
common hot
houses.

To bathe
menis after
bathings is
good.

To bathe upon
an empty sto-
macke is pe-
nulous.

clensfug of the body by sweating, as
with hot drinckes, warme clothes, per-
fumes made of Olibalum brimstone,
niter, &c. There is also bathes and
sweating in hot houses for the pockes,
scurfe, scabbes, hemerodes, piles,
which hot houses haue the vertue of
helping the saide diseases. But if any
that be of an whole temperate com-
plexion do sweate in drie hot houses,
it doth them much harme: as hyndring
their ey sights, decaying their teeth,
hurting memory. The best bathing is
in a great vessel, or a litle close place
with the euapuration of diuers sweete
herbes wel sodden in water, which
haue vertue to open the poore softly,
letting out feble and grosse vapors,
which lieth betwene the skinne and
the flesh. This kinde of bathing is good
in the time of pestilence, or feuer quar-
ten: in the end of the bathes, it is good
to anoint the body with some sweete
oyle, to molifie and make soft the
sinewes. And thus to conclude of ba-
thing, it is verie holosome, so that it be
not done vpon an emptie stomacke,
palsies may come thereby, or to take
sodaine

sobaine colde after it, there followeth
an other purgation , called neesing or
sternutacion which is beneficial for the ^{of neesing}
body if it be vsed vpon an empty sto-
macke. Wyse or thise in a morning
with a leafe of Wittony, put into thy
nose, it helpeth memory, good against
opilation, stopping, and obstructions:
Suppositors be good for weake people
or children, made with Hieria Picra
and hony, made in the length of a fin-
ger : Scarifyng or boring, as Galen
saith, applied vnto the extreme partes,
as the legges, and the armes , doth
great helpe vnto the body, in drawing
watery humour away from the body,
but boring is not good for the brest, ap-
plied thereto in hote feuers, is dan-
gerous. Glisters made according to
arte , be good for them whiche be too
weake to take purgation. The maner
of the said glisters,because they be not
here to be spoken of at large,I entend
by Gods grace to set forth in my next
book of helthful medicins.Purgations
venerous ,there be so many practi-
cioneis thereof,that I neede to write no
rules but this, that affection,lust and
fan-

of suppositors

Boring doth
much good to
the brest.

I will speake
more of Glis-
ters in my
ooke of
healchful
medicines.

Spanp practi-
cioneis of
acces venie-
rous.

The Gouernement

fantasie, haue banished chastitie, feare, periance, and honestie.

Ioh. Plaine people in the countrie, as carters threshers, ditchers, colliers, and plowmen, vse seldome times to wash their hands, as appeareth by their filthynes, and as verie few times combe their heads, as it is seene by floxe, nittes, grease, fethers, strawe, and such like, which hangeth in their haires. Whether is washing or combing thinges to decorate or garnish the body, or els to bring health to the same?

Beasts and
birdes use
friction and
prunning their
skins.

The profit
which cometh
in washing the
handes with
cold water.

Hum. Thou saest that the deere, horse, or cowe, will vse friction or rubbing them selues against trees both for their ease and health. Birdes and haukes, after their bathing will prune and rowse them selues vpon their braunches and perches, and all for health. What shoulde man do, which is reasonable but to keepe himself cleane, and often to wash the handes, which is a thing most comfortable to coole the heate of the lauer, if it bee done often, the handes be also the instrumentes to the mouth & eies, with many other thinges commonly to serue the bodie.

To

To wash the handes in cold water is
very holsome for the stomake and ly-
uer, but to wash with hot water en- Hot water is
holosome to
wash hands in
gendreth rheumes, wormes and co-
ruption, in the stomacke, because it
pulleth away naturall heate unto the
warmed place, which is washed. Fri- Frication is
holosome for the
body.
cation or rubbing the bodie, is good to
be done in mornings after the purga-
tion of the belly with warme clothes,
from the head to the brest, then to the
belly, from the belly to the thighes,
legges, and so forth. So that it be done
downwarde, it is good. And in dyie
folkes to be rubbed with the oyle of Combing the
head
camomill. Combing of the head is good
in mornings, and doth comfort memo-
rie, it is euil at night and openeth the Cutting of
haire and ya-
ring of naples
pores. The cutting of the haire, and be comly for
men.
the paring of the nailes, cleane keepe-
ing of the eares, and teeth, be not only
thinges comely and honest, but also
holosome rules of Phisicke for to be su-
perfuous things of the excrements.

Ioh. The chiefe thing that I had
thought to haue demanded, & the very
marke that I woulde haue thee to shote
at, is to tell me something of dieting
my

The Gouernment
my selfe with meate and drinke, in
health and sickenesse.

Consideration to be had in
eating and
drinking.

Hum. There is to be considered in eating, the time of hunger or custome, the place of eating and drinking, whether it be colde or hote, also the time of the yéere, whether it bee Winter or Summer: also the age or complexion of the eater, and whether he bee whole or sicke: also the things which be eaten, whether they be fish or flesh, fruits or herbes. Note also the complections and temperaments of the said meates hot or colde, dry or moist, and most chiefly, marke the quantitie, and so forth. And like as lampes doe consume the oyle, which is put vnto them, for the preseruation of the light, although it canuoet continue souer: so is the naturall heate which is within vs preserued by humidite and moistenesse of bloud and fleugme, whose chief engenderer be good meates & drynkes. As Auicen saith de ethica. Whan naturall heate is quenched in the bodie, then of necessitie the soule must depart from the bodie. For the workman can not worke when his instrument is gone.

gones. So the spirits of life, can haue no exercise in the body when there is no naturall heate to worke vpon. as cause why
the soule de-
parteth from
the body.

Without meate saith Galen, it is not possible for any man to live, either whole or sicke: and thus to conclude, no vital thing liueth without refraction and sustenaunce, whether it be animall reasonable, or animall sensible, without reason or any vital thing insensible, both man, beast, fish, and wormes, tree, or hearb. All these things be newtrified with the influence or substance of the fourre Elementes or any of them.

Ioh. Well Huinfrey, thou knowest my complexion and disorder of my diet what remedy for me, that haue liued like a riotter?

Hum. I know it well thou arte flegmatike, and therefore it is long yet thy meate be digested. When thou doest eate fish and flesh together, it doth corrupt in thy stomach and stink, euен so doth hard cheeze and cold fruits. And olde poured meates, and raw hearbes engender euil humors: so the diversity of quality & quantity of diuers meats,

To eate both
fish and flesh
together hur-
teth the fleg-
matick.

The Gouernment

Galen.

Hippocrates.

doth bring much paine to the stomack, & doth engender many diseases, as thou maist reade in the first booke of Galen: Iuuenientis membrorum. cap. iiiij. And the Prince himselfe sayeth in 3. prim. doct. 2. cap. 7. Saying, nothing is more hartfull than diuerse meates to be ioyned together. For while as the last is receyuing, the first beginneth to digest. And when the table is garnished with diuerse meates, some rosted, some fried and baked, some warme, some colde, some fish, some flesh, with sundrie fruites, and sallets of diuerse hearbes to please thine eye, remember with thy self, that the sight of them all is better, than the feeding of them all.

To feede of diuerse soits of
meats corrup-
teth the bodie.
Eccl. 27.

Consider with thy selfe thou art a man and no beast, therefore bee temperate in thy feeding, and remember the wise woordes of Salomon. Bee not greedie, sayeth hee, in euerie eating, and bee not hastie vpon all meates: for excesse of meates bringeth sickenesse, and gluttonie commeth at the last into an unmeasurable heatte. Through surfeit haue ma-

nie

nie a one perished , but hee that dieth himselfe temperately, prolongeth ^{a good dies} his life. Therfore grosse fish, lambs flesh, the in-meates of beastes, rawe hearbes, pigges braines, and all sime meates, bee euill for thee : but late suppers is woorst of all, and specially if they bee long, for it causeth painfull nights to follow. But Galen sayeth in his Booke De ethimia , the meates which bee without all blame, bee those which bee betwene subtil and grosse. Good bread of cleane wheat, flesh of capons or hennes , pheasants, and partriches, pigeons, and turtle doves, blacke birdes, and small fiedle birdes; rosted veale, or boyled mutton : These doe engender good bloud sayeth Galen. Note also , that any other meate that thou doest eate at supper, although it seeme repugnant to a flematicke stomacke, if thou sleepe well after it, and feele no paine, thou mayest use it as a meate necessarie . And when thou canst not sleepe well, if the default came through meate, marke that meate or drinke, although it appearre pleasant, refuse it as an enemie.

What kinde of
meates doe
cause good
blood.

The Gouernment

And whereas thou hast vsed euill diet as a custome in abusing time, quantitie and qualitie, by little and little bring thy selfe into good order, and to time, both for thy breakfasts, dinner, and supper. Provided alway to eate good things, but not many things. For like as repletion or abundaunce of meate is an enemie to the bodie, and the soule, and bringeth sodaine death: euен so is emptynesse a shortner of time, a weaker of the braine, a hinderer of memory, an increaser of wind, choler, & melancholy. And oftentimes to many bringeth sudden death also, except nature haue some thing to worke vpon, as I did tell thee before: vse some light things at breakfast of perfite digestion, within fourteene houres after that receive thy dinner obseruing the good order of diet, drinking wine or beere oftentimes, and little at once, eschewing great draughts of drinke, which is vsed among beasts, and mingle thy meate with mirth, which is ever the best dish at the boord, and be thankfull to God. And so leaue with an appetite, passing y^e time wiserlie

What hure
commeth of
an empie sto-
macke, when
ye go to bed.

An order of
dicing.

lie betwene dinner and supper, with exercise, labour, study or pastime, vnto the ende of sixe houres, and then begin thy supper, prouided that it bee shorter than thy dinner, eating thy meate by little and little: for greddie and sudden eating is hurtfull to nature, as Galen Galen me
sayth in his Diatorie. Note also, that thou maist eat more meat in Winter than in Summer, because thy naturall heate is enclosed with thy bodie in Winter, but vniuersally spread in Summer. Also cholericke men may as lightly digest beefe, bacon, veneson, &c. With as much spedde and litle hurt as the fleugmatike man may eate, rabbit chicken, and partridge, &c. But ths melancholie man through the coldnesse of the stomacke hath not that strength in the stomacke as hee hath promptnes in wil: to eat things warm and moist be good for him. The sanguine man is not so swift in this digestion, as the hote cholericke man is. But notwithstanding, he hath good digestion through the humidite and warmnes of bloud, and couereth to eat sweete things, which greatly augment The Melanc.
cholic. The Sau-
guine.

The Gouernment

the bloud: therfore sharpe sances made
with vineger, onions , and barbaries
bee wholesome. Purslen, sozrell, small
fishes that feede vpon the stones in
fayre running watern , cowcumbers
and pure French wine partly delayed
with water, bee good for the saide san-
guine men : to keepe them from much
encrease of flesh,

Ioh. Thou hast shewed vnto me a ve-
ry discrete and wholesome order of diet
particular to my selfe, and partly to o-
ther complexions: but what rule or pre-
ty Gouernment is for sicke folks?

In other say
the dieting of
such as bee
Ocke of sharpe
sicknes.

Hum. They that be sodainlie vexed
with sharpe sickneses, must haue thin
diets, with water gruell, thin mutton
or chicken pottage without any fat or
thicknes, violet leaues, endive leaues,
and such like cooling hearbes, and let
their drinke be made of Tezantes,
thus doe to them that haue hot sharpe
sickenesses, occasioned of choler. And
also colde siropes of endive, violets,
sugar, water, and vinegar , sodden to-
gether bee verie wholesome . But if
sickenesses bee long of continuance,
their diet must bee the thicker , and
their

their meates made the stronger, spe-
cially if their diseases be cold: with the
flesh of cocks, capons, temperate wine,
stewed broath, with wholsome hearbs,
as buglos, borage, basil, parcely, and
finkle rootes, with some maces,
dates, damaske prunes, reisins of the
sunne, and such like. Sirops of Isolepe
and citeron, provided that they ney-
ther take meate nor medicine immedi-
ately before, or soone after their fittes:
posset ale with clarified hearbes, ex-
cepted, which they may take, for their
comfort, according to the estate of their
disease, for such as be sick must haue
meate, contrarie to their complexion.
For they that be colde, must haue hote
meate, and medicines. And they that
be drye, must haue moist thinges.
But they that bee hote must haue colde
thinges, for the ardent heate of the firs
is quenched with the moistnesse of
the water, and so the quantitie of one
qualitie, overcommeth the qualitie
of an other. And in deeds, Phisicke
sayeth, the bodies that bee hote, must
be fed with things like, as they that be
moist, with moist things to preserve

Of sirops and
drinckes.

The Gouernment

their moistnes. They that be hote,
with hot things to preserue their heate
and such like. But when they doe ex-
ceede in heate,cold, moist or drye, then
let the qualities of moistnes, be tem-
pered with dryenes, and the coldnes
with warmnes. For like as man de-
As the com-
plexion is, so
man requireth. lighteth in things of like,as the chole-
ricke man, cholericke things, even so
do beasts, and fruities, as the Collo-
quintida, which is bitter,delighteth in
bitter ground. Hote splices delight to
grow in hot ground, and every fruit
and hearbe doth delite in the thing
that is of like:even so doth man in his
swde. But in al things let him beware
of distemperaunce,surftes or repletion
reare suppers and drunkennesse.

Ioh. But if a man feele great griefe
after meates or drinke, what way is
there then for to helpe him?

The. iii. doe-
true, The. viii.
chap.
Moderat walk
after meat;
prostrecth.

Hum. Use walking vp and down,
and perhappes that will digeste,as
Auicen saith: And Rasis sayeth, to
walke a hundred paces after meate,
is holsome,for it comforteth digestion
pronoketh vayne, and giueth one po-
wer and strength of stomacke to eate

big

his supper. But the counsaile of Galen
must here be obserued. Which saith:
there is no meate but it will corrupt
or stinke, if the bodie be cast into a so-
dain heate, by strong trauel soone after
meate, which corruption of digestion
is the mother of all diseases, and the
beginner of all infirmities, as Auicen
reposesteth; And if you see this will not
helpe to digest your ingorged full stom-
ake, then prouoke your selfe to
sleepe lying vpon your right side, lea-
ning toward your brest and belly,
laying your warme hand vpon your
breast, as Averois saith: the power of
digestion is made strong when a man
slæpeth. For naturall heat that is dry,
wen inwardly with warmnes, or heat
hath power to digest. But if sleepe easle
you not, prouoke vomit or fast it out,
and this is the counsell of many lear-
ned men. For it is no meruaile al-
thoough many meates corrupt one
man, which be of sundrie and diuers
worckinges in the stomake, liuer and
veins, for the qualities doe hinder
nature as much as the quantities. And
take heed, these signes and euill tokenes

Galen,in 6.de ac-
cedenti & mor-
bo.i.cap.

Auice. in 13,
theo. 3.
tract. 3. cap.

To helpe dis-
gestion by di-
uers waies.

Hipo.in secundo
Prim. doc. 3 .ca. 6
Hec signa decla-
rant.

be

The Gouernement

be not found in youth. The paines of all your members with idlenes and wearines, to go or moue your bodie. Hodayne great blushing or rednesse in your face, veines swelled and puffed vp, red bryne, and grosse skinne, extended or stretched out with fulnes, like a blowen bladder and ful pulses, small desire to meat, il rest & grise in sleepe, seeming in sleepe to beare some intollerable burden, or dreaming to be speechlesse: these be the euill & dangerous tokenes of repletion. And of this I giue you warning, for it hath slaine as manie by abundance, as hunger hath killed through scarcitie.

Ioh. I haue heard say that holsome aire is a great comfort to mans nature, but corrupt ayre doth much harme: I shall require you therefore to tell me of the good and the bad aire, that I may learne to vse the good, and refuse the bad.

Hum. Galen in lib. de Sectis. saith: A wise phisicion ought to know the natures of men, of waters, of aire, of regions, and dwellings, generally, particularly to thy self, being a naturall

English

English man of birth and education: this land is very temperat. Howbeit, our dwellinges in this land, be variable as fennes, marshes, woods, heithes, valleis, playnes, and rockie places, and neare the sea side. But the said Galen geneth counsell in his regiment of health, saying : a good aire, which is pure and holsome, is that, which is not troubled in standing water pooles.

Therefore marish grounds and places where hempe and flax is rotten, & dead carriions be cast, or multitudes of people dwelling together, or houses environed with standing waters, wherein to takes or sinks, hane issues, or wallowing of swine, or carion buried or soule houses, or such like places be dangerous, corrupteth the bloud, which is worse than infection of meate, for the prince, saith that al places of cōcaucts, as sellers, vaults, holes of minerals where mettels be digged, or houses, or walls joined together where as the sun with refleciō beateth in w sodain heat, whose absence bringeth cold: this aire is distempered, but pleasant clear aire, sweete gardens, goodly hillies, in dayes temperate

Note which
be the most
wholsomest
aires to dwell
in.

What aires
corrupt
the blood,

The Gouernement

Corrupte aire
bringeth smal-
ly diseases.

Feruent plas-
er vnto God,
both mitigate
his wrath.

Sweete aire to
be made in the
tyme of sicknes

temperat when one may see far off.
These be good also, there be certaine
stars called infortunates, in their exal-
tation, whose influence bringeth cor-
ruption to creatures, rot and pestilence
to man and beasts, poisoning waters,
and killing of fish, blasting of fruite
in trees, and corne in the fields, infec-
ting men with diuers diseases, feuers
palsies, dropes, fransies, falling sick-
nesses, and leprosies. Against the said
influences al christian men must pray
to God to be their defence, for they be
Gods instrumēts to punish the earth.
Example we haue of mortall pesti-
lence, horrible feuers, and sweating
sicknes, and of late, a generall seuer,
that this land is often greatly plaged
withall. Then one must make a firs
in euerie chimney within the house,
and burne sweete perfumes to purge
this soule aire: and now in conclusion
to answeare thy question, for the health
of dwelling, Auicen saith, to dwell
upon hills is cold. And in vallies com-
prised with hilles, is hote. Upon a
hill side against the north, is cold and
dry Towarde the west, grose, and
moist.

moist, verie subtil towardes the East.
And cleare and warme towards the South. And Rasis saith , in his first booke Afforien. A man dwelinge neere the Sea side, or great waters, can not liue long, nor cannot be without weaknes of members, or blindnes, but the best building of a house, is vpon a dry ground, and a hill towardes the west side , and southwest dores, and windowes open towards, the east , and northeast, hauing neer unto the said house, sweet sprynge of rynning waters from stonie or chaulkie ground, which is both pleasaunt and profitable to the house. For Hippocrates saith in his booke of Aire and Water, the second chapter, cities and townes, which are placed toward the east, be more surfeitt, then the townes builded towardes the north, for temperat aire or wind, and sicknesse be lesse. And in the said book Auicen greatly commendeth pleasant riuers, running towards the rising of the sunne, the dwellers in such places sayeth he, be fayre and well sauored : people. smotheskinned, cleare and sharpe bones; and thus to conclude with that,

Situation
best for a house

[The Gouernment

this shal suffice at this time, what, and where, good and pleasant dwelling is. Note also, that thou must obserue aire in sicknes, as thou must do meate in sicknes, colde sicknesses, warine aire, drye sicknesses, moist aire, and so in the contraries to them that be sick and they that be hole, aire of like qualitie is moist hol som, they that haue long sicknesses, chaunge of aire is a great helpe, both in fevers, droppes, falling sicknesses and rheumes.

Ioh. I haue found verie much disquietnes in my body, when my seruants and labouring familie, haue found ease, and yet wee are partakers of one aire.

Hum. The cause why thy labouring seruants in the fieldes at plough, pastures, or woodde, haue such god health, is exercise labour, and thy disquietnes commeth, partly of idleness, and lack of trauell, which moderately vsed, is a thing most soueraign to nature.

Ioh. I pray thee tel me some thing of exercise.

Hum. The well learned man Fulgentius, saith: that exercise is a file and chausier

Moderately
excise a soue.
thing.

Fulgen. in lib. 2.

chamber of the heate naturall, which chaseth away sleepe, and consumeth superfluous strength. Of the natural vertues, redeeming of time, enemis vnto Tolenes, due vnto yong men, ioy of old men, and to say the truth, he whiche doth abstein from exercise shall lacke the ioyes of health, and quietnesse both of body and minde. And Galen saith in his regiment of health, if wee will keepe perfecte health, wee must begin at labour and moderate trauell, and then to our meate and drinke, and so sooth to sleepe, and this is the cause why halwers, shooters, hunters, and plowmen, gardeners, &c. haue so good digestion and strength of bodie. Who be stronger armed men than Smithes, because of the exercise of their armes: Stronger bodied, than carpenters, whiche lift great blockes: and masons whiche doe beare great stones, not onely in their youth, but such men will take maruellous trauels in age, whiche to idle people seeme verie painfull, vnto <sup>what profit
commeth by
exercise.</sup> them selues that trauell, no paine but pleasure, because of custome? <sup>the making
of labour easie.</sup>

These

The Gouernement

These people can digest grosse meats,
eating them with much pleasure, and
sleeping soundly after them, whereas
the idle multitudes in Cities, and
noble mens houses, great numbers for
lacke of exercise doe abhoyre meates
of light digestion and daintie dishes,
Marke in deede they may bee verie pro-
fitable to Phisitions. But if trauaile
be one of the best preseruers of health,
so is idlenesse the destroyer of life, as
Aucrois writeth, and Hippocrates
saying, euerie contrarie is remoued
and helped by his contrarie, as health
helpeth sicknes, exercise putteth away
idlenesse, &c. But euery light mouing
or soft walking may not bee called an
exercise as Galen sayeth, therefore
tennis, dauncing, running, wraastling,
riding vpon great horses, or dauned, as
well for the state of mens health, as for
pleasure, whereunto it is now conuer-
ted, rather to the hart of many, than
the profite of fewe, exercise doeth occu-
pie euery part of the bodie, quicken the
spirits, purge the excrements both by
the reynes, and guts, therefore it must
be vsed before meate, so is strong ex-
ercise

Apho.

Idlenesse the
mother of all
mischuse.

Exercise before
meate,

ercise bee vsed immediately after meate, it conueyeth corruption to each part of the bodie, because the meate is not digested: but when thou seest thy water after meate appeareth somewhat yellowe, then mayest thou begin exercise, for digestion is then well. But sicke folkes, leane persons, yong children, women with childe may not much trauaile. The exercise of dice, cardes, fighting, drinking knauish railing, of bauderie, and such like, rather may be called an exercise of diuels, than of men. And thus to conclude with Salomon, quam pretiosus sit sanitas thesaurus.

Ioh. After painfull labor and exercise, or disquietnesse of the mind, there was never thing that hath done mee so much comfort as sleepe hath done.

Hum. Auicen saith, that sleepe is the rest and quietnesse of the powers of the soule, of mouings, and of sensess, without the which man can not liue. And truely sleepe is nothing else but an Image or brother to death, as Tullie sayth. And if by imagination thou didst perceiue sleeping & waking swied

Auicen in can.
of sleepe and
waking.

Tulli. in lib. de
sene.

The Gouernment

Arist.in.lib.
de so.

Sleepe after
dinner not
healthfull.

in the ballance together, there thou shouldest see them equall in weight, for Aristotle saith, that man doth sleepe as much as he doth wake. But this is to be considered in sleep, that natural heat is drawn inwardly, & digestion made perfite, the spirites quieted, and all the bodie comforted, if the true order of sleepe be obserued in six points. First, a quiet minde, without the which either there is no sleepe, or else dreadfull dreames, tormenting the spirites. Secondly, the time of sleepe, which is the night, or time of most quiet silence, for the day sleepes bee not good, most chieflie sone after dinner, except to sick persons or young children, in their tymes conuenient. Thirdly, the manner of sleepe, that is, to eschew the lying on the backe, which bringeth many grievous passions, and killeth the sleeper with sodaine death. To lie vpon the left side is verie euill in the first sleepe, but tollerable in the seconde, but the most surest way to make the digestion perfite, is to lie vpon the right side, with one of the handes vpon the breast. Fourthly,

Sleepe

Sleepe on the
right side in
bell.

sleepe hath the quantitie which must
be meane, for superfluous sleepe ma-
keth the spirits grosse and dul, and de-
cayeth memorie, sixe or eight houres
will suffice nature. For, like as much
watch dryeth the bodie, and is perille-
lous for falling sicknes, and blindnes:
euен so too much sleepe is as perillous,
for extremes be ever ill. Firstly, in the
time of colde feuers, the patient must
not sleepe but till the trimbling fitte
bee past, for then the hot fit that fol-
loweth will bee extremer than any o-
ther fit, and hard to helpe. Note fur-
thermore, that those bodies that be full
of hote inflammatiōns sleepe not well,
therefore they must use things to exte-
nuate and to make colde, as Tizantes
and colde syrops, or gentle purging frō
the bellie and liver, or finally to haue
the median veine opened according to
time, state and age. Sixtly, the chamb-
ber must bee considered that it bee
cleane, sweete, comely clothes fit for
the time of the yeare, and the age of the
people, & to keepe the head marme, is
very hol som, for in sleepe natural heat
is drawne into the body, for the braine

The Gouernment

Thy lodging
must be kept
cleane.

Note that ne-
ver in fieldes
in harvest shal
be in daunger
of quarteins
in winter.

The cause of
the stone.

of nature is colde & moyst. Windowes
in the south part of the chamber be not
good, it is best for them which haue
colde rheumes, dropsies, &c. to lie in
close loftes, & so dry bodies to lie in low
chambers, and in the time of the Pe-
stilence, often to shifte chambers is
healthfull, lyng vpon the ground in
Gardens, vnder trees, or neare vnto
skinking priuies bee hurtfull to the
bodie: and this shall suffice for thine
instruction of sleepe, prouided, that
thou doest not long retain thine vrine,
for feare of the stome, and paine in thy
reynes.

Ioh. There is nothing which I more
feare than the stome, for my father was
sore vexed therwith, what shal I marke
in mine vrine?

Hum. Among all mortall diseases,
the stome is the greatest, a prouenter
of time, a deformer of man, and the
chiefe weakner of the body, and a grie-
vous enemie to the common wealth.
Howe manie noble men and wo-
shipfull personages hath it slaine in
this Realme: manie one, which com-
meth of hote wines, spices, long ban-
quets,

ques , repletions , fulnesse , costifenesse , warme keeping of the backe , salt meates , &c . The remedie whereof is , in all poyntes contrarie to these causes , small wines , temperate beere or ale , no spices , but wholsome hearbs , as Time , Parsely , Savifrage , &c . Light meales , most chiefly the supper , no baked , nor rosted thing , but onely sodden meates , and oftentimes to relaxe the bellie with Cassia Fistula , newe drawne from the Cane , with sugar , and to eschew salt meates , and not to keepe the backe warme : the stone is often found in yong children , which commeth of the parents , and oftentimes in old folke . Which stones bee engendred as I haue saide : besides milke , fruites , hearbes , saltfish , and flesh , hard cheese , &c . Now marke well this lesson following , for thine vñe .

Ioh . That shall I gladly , reade but softly , and I will write thy wordes .

Humfrey .

*First in vrine fourre things marke ,
Thus said Actuarij the good cleareke ,
Colour , regents and contents therein ,*

*Fourre things
noted in
vries .*

The Gouernment

Substaunce grosse, thick or thin,
A faire light, an vrinall pure,
Then of thy sight thou shalt be sure.

Golden vrine.

Colour of bright gold or gilie,
Is health of liuer, heart and milte.

Red vrine.

Red as chery, or saffron drie,
Excesse of meat in him I spie.

Colour greene, or like darke red wine,
Or resembling the liuer of a swyne,

Greene vrine.

Is aduision with fiery heate

Burning the liuer and stinking sweate

Couller like
lead.

Leaddy colour or blacke as inke,
Death draweth neare as I doe thinke.

Except the terms which women haue, (sauie
Or purging blacke choller, which many do

Grap vrine.

Colour grey as horne, or cleare water,
Is lacke of digestion saith mine auther.

Vrine like flesh
broth.

Vrine like flesh broth is verie good,

Beginneth digestion and norish blood.

Subcitrine and yellow be vrine next besy,
Bread and flesh will wel digest.

White and
thicke vrine
White & thin
vrine.

Yellow vrine.

The vrine that is white and thick
is euer called flegmatick.

Melancholy water is white and thin,
The redde and grosse is sanguin.

Yellow and thin spring from the gall,
Wherein holler ruleth all.

The swelling and braynes bloudy,

Causes

Causes circles thicke with colour ruddy,
But when circles be thin and red,

Choler greene the right side of the hed,

If leaden circles swim on the brinkes,

It is falling sicknesse as I do thinke.

When Oyle in vrine doth appere,

Resolutio pinguis draweth neare.

When Oyle appeare in feuers hot,

Dissolving the body, causeth a blot.

But of Periotides, thou feelst no paines,

This Oyle Pronogstick, consuming raines.

The grauell red declareth for euer,

In drie backed men duble tertian feuer.

When golden grauell appeareth alone,

It hurt the raines but is no stome:

When grauel is of colour white,

Stone in the bladder worketh spite.

Contentes like small threeds or hears,

Through heat, & drienesse the bodie wears.

Consumption, scabbe, small sport and lust,

Is when many haires be mingled with dust.

In the bottom of veins, or vessels great,

Lieth stopping matter like bran of wheat,

Wherein contentes are, like skales of fish,

As appeareth in the chamber dish.

These signifie feuers, and ethickes olde,

Or scabbes, which the bladder do infolde.

White froth swimming, commeth of wine.

Circles are to
be noted.

Oyle in vrine.

Periotides, is ter-
tian or quartan
Of grauel in
vrine.

vrine be the
chiese things to
know diseases.

The Gouernement

The yellow froth, is of Iaundise kinde,
Thus of vrines I do conclude,
With wordes of truth, but meeter rude.

Here is also a litle of the signes
of the excremente of the belly.

Spaup colours
in one stooole be
full.

O Vr filthy dung, and fex most vile.
The dregges of natures food,
When they be diuers coloured made
The signes bee neuer good.

If the siege be like vnto the mew,
Signes of cra-
dine and
wunde.
Newe drawnen into the mawe,
Or fleeting with fleame or burbles great.
The bodie is windy and rawe.

Collerick
signes, Signes
deadly.

The yelowe doth from choller come,
The greenc is burnt adust
The black and leady be deadly signes,
The flesh will turne to dust.

These excre-
ments signifie
consumption,
except the
cause be of fat
meates.

Stooles soft
and hard.

The excrement that is in the iakes cast.
If it hauesyle or fat,
Consumption of body then begin.
The chiefest signe is that.

The priuies soft well compact,

Made

*Made in the accustomed time,
Is euer good, and the hard is ill,
And thus I ende my rime.*

Ioh. Once I fel into a great sicknes, and hitherto I am skant recouered of it, the surfit was so great, but counsell was giuen me, that I should not staie my selfe vpon the opinion of any one phisicion, but rather vpon three: then said I, to retaine three at once, requireth great charge, for those men to whome liues be committed, ought liberall reward to be giuen. Then said my frend, they are good gentlemen and no great takers. What be their names said I? he aunswere saying: The first was called doctor Diet, the second doctor Quiet: Diet Quiet
Meriman. the third doctor Meriman. I did writ their names, but yet I could not speake with them.

Hum. Hitherto I haue said some thing that shall well suffice for thee to know doctor Diet, as for Quiet, and Every man, they lie in no phisicions handes to giue, but only in Gods. For to lacke riches, small it helpeth to any man, to haue honour, riches, fame, cunning, &c. It were better then to want quietnes and mirth.

And

The Gouernment

And in the meane tyme, to want quiet-
nesse , and myrth , which bee the
chiese friendes . Tenderest nourses
wholsomest phisitions, most pleasant
musitions, and friendliest companions
to nature, pleasant birds singing in the
branches , be more happier than rau-
ning cormorants, and greedie haukes,
which with paines inchaseth their
preyes. The quiet lambs be ever hap-
pier in their kinde, than the greedie ra-
uening foxes, wolves and lions, which
neuer cease vexing themselves, to kill
liuing thinges for their foode . The
poore Dister, lurking vnder the rocke,
or sande, which is neuer remoued of
strong ebbes nor flouddes , is farder
from trauell and continuall paines,
than the horriblie whale, most fearefull
to fishes. The low shrubs, or bushes
growing neare to the ground, be ever
in more sanegarde than the lustie high
flourishing trees , spredde with plea-
sant braunches , which bee subiect to
everie strong winde. The poore boats
in harbour, bee in lesse perill than the
rich sickle shippes, tossed vp and dwone
on the cruell clouds.

Many apt
similitudes of
metaphors.

What

What shall I say but this, that the miserable ragged begger called Irus,
was more happier in his pouertie
with quietnes and mirth, than was
the gluttonous beast, & monstrous man
king Sardanapalus, with all his golden
glorie, court of ruffians, and curtizans
which came to a shamefull ende. Diogenes,
I warrant you was not inferior
to Alexander, in the state of hap-
pines, & haue left as great a fame be-
hind him, sauing that Alexander was a
more cruell murtherer than Diogenes
a chalst liner. In deed y poore silly ihep-
heard, doeth pleasantly pipe with his ^{The pleasure} of pooze men.
sheape, when mighty princes doe fight
among their subiects. & breakz many
sleepes in golden beds, when bakers in
bags, & brewers in bottels, do snort vp-
on hard straw, fearing no sodaine mis-
hap. The great paines and secrete
grieses that disquieted mindes doe
dayly sustaine, bee not much unlike
vnto the infernall tormentes that ^{The tormenta} of the minde.
the wicked doe feele: whiche vnto
an extreame troubled minde (say
what they list:) helpeth as little,
as to apply a plaster to the breast,

The Gouerniment

Thought
thought maun
are killed.

Tre is a
greuous pas-
sion.
Tul. in tuscum. li.
3. Ouid. in lib. 2.
metra.

Devils incar-
nate.

or head of a dead body, to reuocate the
spirites of life or soule againe. The
sicknes of the body must haue medi-
cine, the passions of the minde must
haue good counsel. What pleasure hath
a condemned man in musickle, or a
dead man in phisicke? Nothing at all
God knoweth. Oh how many men
haue been cast away by thought, and
most for losse of estimation, and some
of other affections of the minde, as in-
ordinate loue, or courting thinges that
they cannot gette, or obtainning those
thinges that they cannot keepe, or ire
of other mens prosperitie or good hap!
as Tully saith: Ouid, as fine in poetry,
as Apelles was in painting, describeth
this vile passio of ire, with a pale face,
lean body, scouling look, gnashing teeth,
venom tong, cholerike stomacke,
tong ful of poison, ingrateful, seldom
smiling but at mischief outwardly ap-
pearing as it were quiet, inwardly the
serpent gnaweth, fretteth & deuoureth,
ec. These men be devils incarnat, be-
ginning hel in this life, most enemies
to themselves, and if they did behold
theselues in a glasse in y time of their
tempessts,

tempests, shoulde not their countenances bee more fearefull to themselves than their ire hurtfull to others? yes, and perhaps make them staring mad, in seeing such a diuels image, therefore let wise men be of this minde: First to thinke that they would haue no man be irefull against them, or disdaine them, euен so let them do to others: Secondly, let them thinke, it is better to be spited, than pittied, for euery prosperous felicitie, hath his enemie waiting vpon him: The sole hateth the wise. The wise man, pittieth the sole: wel, couet rather to be spited than pitied, the wretched enviieth the worthe man, and so forth: Only except aduersitie, and extreme misery, all prosperous men haue enemies, let this suffice, and consider what Galen saith, that immoderat ireful motions, cast the bodie into a cholericke heat, wherof commeth feuers, and all hot diseases dangerous to the bodie, of this writeth Petrus de ebano. The passion of the mind called decade, or feare, is when the bloud and sprites be drawen inwardly, and maketh the outes Better to be spited than pitied in some cases.

Galen. de regem
sanilibr. 1.

In comen. 32.
septi. Problem.

The Government

Hali. in 5. theo.
ca. vltimo. Ga. 1.
qui de acc. &
morbo. c. 6. Ari.
20. p. 10.

Hudson.

Eccle. c. 30.

ouward partes pale and trembling to
this, be sides pitiful experiance, Hali-
abas, Galen, and Aristotle do witnes
the same. The suddayne passion of ioy,
or gladnes, is cleane contrary to feare.
For the hearte sendeth fourth the spi-
rituall,blout, which in weake persones,
the heart can never recover againe,
but death incontinent, as Galen saith,
and as we may see by experiance: As
in the meeting of men, and their
wives, Children and their parentes,
which either by prison, or banishment,
were without all hope, euer to sa-
cach other, and in ioy of meeting the
delating, and spreading of the heart
bloud, haue cast the bodie into swo-
ing. And thus my frend Iohn I do con-
clude upon certaine effections of the
mind, wishing doctor Diet, Quiet and
Merrie man to helpe, when thou shalt
neede. For mirth is beloued of musici-
ons, plesant birdes and fishes as the
dolphine. What is mirth honestly
sed: an image of heauen. A great lord-
ship to a poore man, & preseruer of na-
ture, & Salomon saith, Non est oblecta-
tio super cordis gaudiū, &c. & yet I say.

The

The irefull man is euer a thrall,
 The ioyfull minde is happiest of all.
 Zeale burne like flames offire,
 When honſt mirth hath his desire,
 Loue well mirth, but wrath despise:
 This is the connell of all the wize.

Ioh. I would verie faine know the
 natures of sorts of simples, & first what
 is wormewood?

Hum. A comynen knoſone hearbe, it
 is of diuerſe kinds, as Ponticum Ro-
 manum, &c. It is hot in the firſt, and
 dry in the ſecond degree, and it is ve-
 rie bitter, and being dryed, keeþeth
 clothes from wormes and mothes, and
 the ſrop thereof, eaten before wine, The vertues
of wormwood
 preſerueth men from drunkenneſſe, if
 it bee ſodden in vineger, it will helpe
 the ſores that breedes in the eareſ, be-
 ing laid warme vpon it, is good to be
 drunke agaynst Appoplexia and Op-
 thalmia. Which is a ſicknes of the eye,
 is greatly helpe with the wormwood,
 if it be ſtamped and made like warme
 with roſewater, and laid vpon the eye,
 and couered with a cleane pyked wal-
 nut ſhell, the ſyrop helpe the bloudis
 fire, it doeth helpe a colde ſtomacke,

Auncen lib. 2.
Sim. 2.

if

The Gouvernement

if it be drunke ten dayes togither, euerie morning two spoonesfull of the syrop is good against the drospie, euerie day drunke two ounces fasting, and thus saith Auicen, figges, cocle, wormwood, nitre stamped together, & made in a plaister, is good against the disease of the splene, and also killeth wormes in the bellie, vsed in the foresayde maner, one dram of the powder may bee drunke at once in wine, it hath manie mo goodly vertues.

John. What is the properties of Annis seedes.

Hum. It is much like unto fennell seede, and is called Roman fennel, that is warme and sweete, and hote in the second, and drie in the third degree, the new seades are the best. It ingendereth vitall seede, openeth the stopping of the reines and matrix, being drunke with Tysants, or cleane temperate wine.

John. What thinkest thou of Mouscare?

Hum. An hearb commonly knowne, colde and moist in the first degree, as Galen saith, the decoction of this hearb sodde in water w^t suger, is good against

Gakn de
km.

the

the falling sickenes, beeing oftentimes
dunke, and put a leafe thereof into the
nose it will provoke steruation, or nee-
sing which wonderfully doeth clese the
veines.

Ioh. I woulde faine knowe what is
Chiken weede?

Hum. Almost euery ignorant wontan
doth know this hearbe, but there bee of
diuers kindes, they be very good to keepe
woundes from impostumations, stam- The operation
of chicken
weede.
ped and applied vnto them, and draw-
eth corruption out of woundes: and sod-
den with vineger, doth draw fleugme out
of the head, if it bee often warme put into
the mouth and spit it out againe. In this
same maner it helpeth the teeth, and sod-
den in wine and so dunke, it will clese
the reigues of the backe.

Ioh. What is Sorrell, might I know
of thee, and the property thereof?

Hum. They Cooke doeth right well
knowe it, and all they that make greene
sauce, but the description I leave to Di-
scorides, and Leonard Futchius, not
only in this hearbe, but in all other, and
to tell thee the vertue, I will, it is colde
and drie in the seconde degree, it also

The Gouernement

stoppeth : it is like endive in properte, because it ouercommeth choller , and is much commended, it helpeth the yellow saundies, if it bee drunke with small wine or ale , also quencheith burning feuers: to eate of tha laues euery morning ; in a p: silence time is most holesome , if they bee eaten fasting, This hearbe doth Nicorides, Galen, and Avicen, greatly commende, besides the great learned men of this tyme.

Ioh. What is Planten, or Wayreed?


The proper
ties of plants
etc.

Hum. The greater Planter is the better, it hath seuen great veines , it is colde and drie, the seede of it, drunke with reade wine, stoppeth the bloody flux: the rootes sodden and drunke in wine , stoppeth the bloody flux: the rootes and leaues beeing sodden with sweete water , and with suger or borage water , and ginen to him that hath an ague , either tertian or quartaine , two howres before his fit: proue this, for thus haue I helped many. it is very comfortable for children that haue great fluxes & agues and is a friend unto the liuer, this hearbe is greatly praised of the Doctors.

Ioh. What is Camomill , and the operation

peration thereof.

Hum. This hearbe is very hot, it is drunke against colde windes, and rawe matter being in the guttes, the Egyptians did suppose it would helpe ail colde Agues, and did consecrate it to the sunne, as Galen saith also if it bee tempered and streched into white wine, and drunke ^{To what purpose} of wamen, having the childe dead within seruety. ^{of camomel} the body, it will cause present deliuerance, it doeth mightely cleane the blader, and is excellent to be sodden in water to wash the feete: the oile is precious as is declared hereafter.

Ioh. Hoppes be welbeloued of the beere brewers, how doe they Phisicions say to them?

Hum. There bee which doth coole, be called Lupilum, those that wee haue been hote and drye, bitter, sover, hate, saie the olde herbals. And Fucchius saith; they Fuccit cleane fleugme and choller, and the water betweene the skinne and flesh, the stripes will cleane grosse rawe fleugme from the guttes, and is good against obstructions sodden. If the iuice be dropped in the eare it taketh the stinke away of rotten sores, the roots wil helpe the liuer and spleene;

The Gouernement

beeing sodden, and drunke: the beere is
very good for fleugmaticke men.

Io. What is Sage, for that I loue wel

A wonderfull
gise giuen to
Sage.

Hum. There be two kindes of sage:
they be hearbes of health, and therefore
they be called Saluia, this hearbe is hote
and dry, and prouoketh wine, clenseth the
matrix, stoppeth the bloud in a wound.
If it be put in a pigge, it dryeth the hu-
mours, that woulde engender fleugme, it
is good against the paulsie: oftentimes
eaten, or sodden in wine, it will helpe and
clense itch, scabs, and filth from the pu-
dent and secret members. Actius doeth
greatly commend this hearbe, and the
excellent regiment of Salern, where it
saith, Cur moritur homo, cui salvia cres-
cit in horto, enquiring why men doe die
that haue Sage growing in gardens.

An. in. 3.1.
cap. sing.

But truely, neither Phisicke hearbe, nor
cunning, can make man immortall: but
assuredly Sage is holosome for old folkes
to be put into their meates, for it clenseth
fleugme from the sinewes, which fleugme
will relax the sinewes: The wine of sage
drunke vpon an emptie stomake, is hole-
some for fleugmaticke persons, or them
which haue the falling sicknes or dropsie.

Ioh,

Ioh. What is Polopodie, that grow-
eth vpon the Oke tree.

Hum. If this hearbe bee sodden with
Beetes and Mallowes, in the broth of a
henne, and drunke, it will loose the belly,
and clese fleugme : the roote of this
hearbe beeing dyie, and beaten into fine
powder, and drawen into the nostrilles,
helpeþ a disease called Polipus.

Of polopodie.

Ioh. I haue hearde talke of Hoore-
hound, I would faine heare of his wor-
king.

Hum. It is a hearbe hote and dyie, if it
be sodden with faire water, suger or hony,
and streine it, this drinke doeth clese the
stomake from stinking fleugme, it is an
excellent hearbe for women, to clese
their moneth tearmes, the water of this
is good to helpe them which haue a moist
rewme falling from the head, vpon the
lungen, beeing often drunke: but it is
hurtefull to the bladder and reines, the
sirope thereof doeth clese the kings euil:
and also put into the eares, doeth greatly
comforþe the hearing if the eares be trou-
bled: and stamped with hony, and appli-
ed into the eies, it clenseth the sight.

What diseases
hoehound
helper.

Ioh. What is Verben:

G 3

Hum.

The Goueruement

Of herben and
his proper
ties.

Dioscorides.

Rew good ag
ainst poison.

Hum. It is called the holy hearbe, it dryeth and bindeth, if it bee sodden with vineger, it helpeþ a disease called saine Anthonies fier, oftentimes washing the pained place, the leaues of Werben and Roseþ, and fresh swines grease stamped together, will seace paine and griefe in eþery wounde, and will keepe woundes from corruption: it is good for people, that haue the tertian, or quartaine Agues, and thus saith Dioscorides: moreouer, he saith the weight of a dram of this hearb, with thre þalpenies weight of Olbbulom, and put in nine ounces of olde wine, tempered together, and drunke fourtie daies of this quantity fasting, it wil helpe a disease, called the kings euill, or paine in the throte.

Joh. What is Rew, or hearbe Grace?

Hum. I tell thee, this hearbe is verie hote and bitter, and doth burne because of his hotenes in the third degree: if a litte of this Rew be stamped, and sodden with wine, and drunke, it is an excellent medicin, against poysone and pestilence, with Roseþ and vineger, and Rew stamped together, and put in foxred cloth or biggen, applied vnto the temples of the heau

head or forehead, doe cease grieuous paines in the head. And in like maner it healeth the bitings of serpentes or dogs stamped with vineger: many nice people cannot abide it, crying fie, it stinkes: The seede of this hearbe beaten in powder, and put in fresh clarified butter, and pitch melted togither, is good for them to drinke that are bruised.

Ioh. What is burnet?

Hum. It is of the nuture of fine figner, drie and binding, and not moist, as many saith: stamp it and put it to the eies, doeth take away the dropping and pricking, and doth heale woundes, and is good to drinke for the tertian Ague.

Ioh. What is Dandilion?

Hum. It is temperate, colde and drie: with Roses and vineger, tempered togither, it helpeth the head in hote diseases. The sowthistle called Soncus, hath the same vertue, and so hath Suckery: if they be sodden, they lose the belly, and quench heat which burneth in the stomake, and defendeth the heade from hote smokynge vapours, and purgeth yellow choller, and rebates venerosis and fleshly heat, and is good to be sodden and drunke.

The Gouernement

in boate burning Agues , though this
hearbe be commonly knownen , and com-
ted of many as a vile weede : yet it is re-
ported of Dioscorides , to be an excellent
hearbe.

Ioh. What is Spynnage?

Hum. An hearbe much vsed in meate,
colde and moist, in the first degree, it mol-
lifieth and maketh softe the belly , it is
good for them that be hote and drye , and
ill for flegynatike men.

Ioh. What is Cucumbers?

Hum. They be truely in the seconde
degree, very moist and colde: The seedes
be good to be giuen in hote sickenesses:
the powder of the said seedes , drunke in
cleane wine, is good against divers pas-
sions of the heart: this fruit wil cause one
to make water well, the roote dried in
powder, therof drunken in water and ho-
ny prouoketh vomite: if they be mode-
rately eaten, they bring good blood, tem-
pered with hony , and annoince the eies,
that helpeth a disease called Epinctidas,
which troubleth men with strange sightes
in the nightes : the best of this fruit is,
which beareth the best seedes the sauour
of that is not holosome: mellowes , citrons ,
pon-

To what
purpose cus-
cumber ser-
ueth.

Epinictidas.

pompons, and this kinde of pepons or great apples be much vsed in England, and are more common than profitable, because they vsē to eate them raw. English men being borne in a temperate region, inclining to colde, may not without hurt eate rawe herbs, rootes and frutes plentifull, as many men, which be borne far in the South partes of the world, which bee most hote of stomacke, therefore let them eate these frutes boyled or baked with honey and pepper, and fennell seedes or such like, there be an other hote kind of bitter cucumbers which do purge.

Ioh. What is garlike?

Hum. Garlike is very hote and drye in the fourth degree: it troubleth the stomacke, it is hurtfull to the eies and head, it increaseth drynesse, but it will provoke vrine and is good to be laid vpon the biting of a snake, or adder, it is good for the emeroids applied to the soze place, being first clamped, if it be sodden, the stinke is taken from it, but the vertue remaineth to be eaten against theoughes and paines in the lungs, it cutteth and consumeth corrupt fleugme, and bring-

The ployers
tics of garlike
and his opes
ration.

The Gouernement

eth sleepe. It is not good for hote men, nor women with childe, or nurces, giuing milke to children: but Galen calleth it the common peoples treacle, if sanguine men do eat much of it, it will make them to haue red faces, but it is a speciall reme-
dy against poison.

Ioh. What is onions?

The blemishes
of onions and
their properties
etc.

Hum. They doe make thin the blood, and bring sleepe, they be not good for cholleriske men, the long onion is more vehementer than the round, and the red more than the white, the drye more than the greene, and the rawe more ve-
hementer than the sodden, or preserued in salt, although they doe cause sleepe, very painefull and troublous hoate in the third degree, and warne in the stomacke, clen-
seth the stomacke, and bringeth good co-
lour unto the face, and helpeth the greene
sickenesse, prouoketh vaine, openeth the
emeroides. If they bee sodden in vineger,
and laide warne to them: peele off the
rinde, and cutte it at both the endes, and
cast it into a faire warne water, and let it
lie an houre or two, and then slice it, this
taketh

taketh away the vehement sharpenesse of
it. Rew, Salt, Honey, and one onion
on stamped together, is a goodly plai-
ster to lay vpon the biting of a dogge :
leekes doe purge the blood in March, and
paine the head, and be not greatly praised
for their ill iuyce. Adoge saith Diosco-
rides, the head being annoynted with the
iuyce thereof keepeth haire from falling :
there is much varietie of this onion a-
mongest writers, saith Plinic, but this
shall suffice.

John. What is Lettice?

Humfrey. It doth mightily encrease milke in women's breasts, and therefore is called Lettice (as Martiall saith, first shall be giuen to the vertue and power to encrease milke in the brestes euery houre, Lettice is a hearb colde and moist, and is comfortable for a hote stomacke, bringeth sleepe, mollifieth the belly : the drier it be eaten the better it is : I meane if it be not much washed in water, adding thereunto some cleane Sallet Dyle, Sugar, and Vineger, it abateth carnall lust : and much use of it dulleth the sight, the seede of it is very precious against

The gouernement

There is an hearbe talled Rocked gem-
cie, which partely smelleth like a Rose,
the which is very hote, an encreaser of
seede, which heareb must alwayes be ea-
ten with Lettis. The roote thereof sod-
den in water, will drawe broken bones,
and will helpe the cough in yoong chil-
dren.

John. What be mintes?

The proper-
ties of mintes.

Humfrey. Mintes be of two kindest,
garden and wilde mintes, they be hote
vnto the third, and doe drie in the second
degree. Garden mint is best: the poulder
of this with the iuice of Pomegranates,
stoppeth vomites, helpeth sighing, clean-
seth hote choller: Three branches of this
sodden with wine, doeth helpe repletion
drunke fasting. This iuice tempered with
good triacle, and eaten of children in
mornings, will kill wormes, and stamp-
ped with salt, applie it to the biting of a
dogge, and it will heale it: It is whole-
some sodden with windy meates, and sod-
den in posset ale with fennell, it helpeth
the collicke, it encreaseth vitall seede. It
is not best for cholericke complexions,
but good for sanguinatike, and indisfe-
rent

rent for melancholy : and it will stoppe
blood, stamped and applied to the place.
The iuyce of mintes is best to mingle in
medicine against poison : the poulder of
Mintes is good in pottage , to helpe di-
gestion, and to make sweete breach.

John. What is fennell?

Humfrey. It hath power to warme in <sup>The proper-
ties of fennell.</sup> the third degree , and drie , and maketh
sweete the breseth : the seede eaten, often-
times upon an empty stomacke , doeth
helpe the eie sight : the rootes cleane wa-
shed be very wholesome in pottage, and
are good in tisants : the greene or redde
tufts growing vpon the stalkes , sodden
in wine, pottage, or ale, helpeth the blad-
der, the reines , and breaketh the stone,
increaseth milke in womens brestes,
and seede of generation : It is good for to
use Endive or such like with it, because it
is very hote and good in Barbars baths,
washing water, and with balme, sauerie :
It is good to wash ones feete to bedward:
the sirrope is very wholesome, it helpeth a
flegmatike stomacke.

John. What is Hisope?

Hum.

The gouernement

Hum. An hearb commonly knowen growing in gardens, and hote in the third degree: it hath vertues to make humours thinne and warme: sodden with figges, rew and hony, in cleane water and drunk, it greatly helpeth the sickenesse in the lungs, olde cough, and rotten humours, dropping vpon the lungs: sodden with erius and graines of paradise called the Cardamon, it mightily purgeth and bringeth good colour. Figges, salt, Nitrum, and Rose, stamped together, and applied to the spleene, helpeth it much, and taketh away the water that runnes between the skinne and the flesh, sodden with Oximele, it cleanseth fleugme.

John. What is Sention?

Hum. It is of a mixt temperament, it coolleth and partly clenseth if it be chopped and sodden in water, and drinke it with your pottage, it will heale the griefe of the stomacke, and purge it from hote choller: his downe with saffron and colde water, stamped and put in the eies, it will dry the running droppes, and stamped plaister wise, it helpeth many greevous woundes.

John,

Ioh. What is Purtleine?

Hum. Colde in the third, and moist in the second, if it be stamped with steeped barley, it maketh a goodly plaister to coole the head, eies, and liuer, in agues burning heate. To eate of it, stoppeth flixes, and quencheth burning choller, and extinguish venorous lust, and greatly helpeth the reines and bladder, and will kill round wormes in the belly, and comforte the matrice against much fleugme. And the juice is good to drinke in hote feuers, it may be preserued with salt, and then it is very good with rosted meates. Plinie saith, it is supposed to make the sight blunt and weake, further hee saith, that in Spaine a great noble man, whome hee did knewe, did hang this purtleine roote in a thredē commonly about his necke, which was much troubled, of a long sicknesse, and was healed.

Ioh. What is mugwort?

Hum. Mugwoort, and fetherfoy, and tansey be very hote and drye in the second degree: Muggewoort, Spurge and the iole of Almonds, tempered plaister-wise, and applied colde vnto the sicke

The governement

sick pained stomache, will bring health. It is good in baths saith Galen: it is wholesome for women, it cleanseth and warmeth, and comforteth, and breaketh the stone. Plinie saith: It is good against serpents, and wholesome for tra- uailing men, if they carry it, it comfort- eth them from wormes. Tansey doeth mightily cast wormes from children, drunke with wine: A colde plaister stam- ped and laied vpon the belly of a woman whose childe is dead within her, it will separate the dead childe from the living mother, causing her to neele with betony leaues.

John. There is an hearbe common- ly vsed to the great relief of very ma- ny called Cabbage, is it so good as it is reported of?

**The operati-
on of cabbage.** Humfrey. Cabage is of two proper- ties, of binding the belly, and making laxative: the iuyce of cabages lightly boiled in fresh beefe broth, is laxative, but the substance of this hearb is hard of digesti- on, but if it be twise sodden, the broth of it will also binde the belly, if it be tempe- red with allum. This herb hath vertue to cleanse a new red leprosie laid on the sore place

place in the maner of a plaister. But to conclude of this hearbe, the broth of it hath vertue to preserue from drunkenes, as Aristotle, Rasis, and Auicen, do report, eaten before drinking time.

Aristo. 3.
perprob
Aucen. 2

can.
Rasis. 3.
alman.

Ioh. What is Philopendula?

Hum. It is an hearbe hot and drye, if it be sodden in white wine & drunk. It drieth vp windy places in the guttes, and clenseth the raines in the backe and bladder.

Of philopendula.

Ioh. What is Agemonie?

Hum. Dioscorides saith : that if this hearbe with swynes greace be stamped together & laied vpon an olde rotten soze being hot, it hath vertue to heale it : the seed of this hearbe drunke with wine, is good against the beeing of Serpentes, stopping of the liuer, and bloody flir.

The operation
of Agemonie.

Ioh. Some say that the hearbe dragon is of great vertue.

Hum. The iuice of it saith Dioscorides : dropped into the eie, doth clese it, and giueth much might unto the eies of them which haue darke sightes, the water of this hearbe hath vertue against the pestilence. If it be

The Government

drunke blood warm, with Venice fia-
cle, the sauor of this hearbe is hurtfull
to a woman newly conceyued with
child. Pliniesaith, that who so bareth
this hearbe vpon them, no venomous
serpent will doe them darme. This
hearbe is hot and drye.

Ioh. There is a very sweete flower
called a Violet, is it so profitable, as it is
pleasant?

The vertue of
Violets.

Hum. Simeon Sethi reporteth, that
it doth helpe against hote inflammati-
ons of the guts, head, and stomacke, if
the cause be of burning choler. Either
the water, srop, or conserut of the said
Violets, either eaten or drunke, in the
time of any hot passion. But undoubt-
edly, it offendeth the heart, because of
the coldnesse, the sauour of the flowers
be pleasant, the oile that is made of
this hearbe, hath vertue to bring quiet
sleepes to them which haue grieuous
hot paine in the head.

Ioh. What is the vertu of the plea-
sant white lillie?

Of white lillie
and his eyes
pallid.

Hum. Dioscorides saith, that the
oyle of Lillies doeth mollifie the sy-
newes and the mouth of the matrice,

the

the iuice of Lillies, Wineger and Ho-
nie sodden in a brasen vessell, doeth
make an oyntment to heale botchew
and olde wounds. If the roote bee ro-
sted and stamped with roses, it mas-
keth a healing plaister against bur-
ning of fire : the same roote rosted,
hath vertue to breake a pestilent soze,
applyed hote vnto the soze place, and
is drye in the first degree. The Oyle of
water Lillies bee moyst, sufferent &
gaynst all hote diseases, to annoint the
ardent places, and doth reconcile quiet
sleepe, if the fozehead be anointed ther-
with.

Ioh. In the time of the pestilence, my
wife maketh me a medicin, of an hearb
called Centaurie, doth she well or not?

Hum. Plini saierth, that the sirop of ~~of the herbe~~
this hearbe drunke with a little wine
of Centaurie-
ger, and salt, doeth cleanse the bodie :
the leaues and flowers be of great ver-
tue, to be sodden and drunke against al
raw humors of grosse fleugme, watry
or windig: it doth cleane cruent or bloody
matter within the bodies of men or
women. The powder of this hearbe is
good in pessaries, for women causing

The Gouernement

the dead childe to depart from the mother, and is wholesome against the pestilence, in the time of winter, and is hote and drye.

Ioh. Wee beautifie and make pleasant our windowes with Rosemarie, vsing it for small other purposes.

¶ Of Rosemarie. Hum. Rosemarie is an hearbe of great vertue, hote and drye, sodden in waine, and drunken before meats, it doeth heale the kings euill, or paines in the throate, as Dioscorides and Galen, sayth: the sauour of it doth comfort the braine and heart: the flowers of Rosemarie is an excellent cordiall called Anthos.

Ioh. Is Puliol royal, an hearb of any value, or a weed of contemption?

The operation
of Pulioll
topall.

Hum. It is an hearbe of much vertue and profit: hote and drye in the thirde degree. Dioscorides saith, if this hearbe be sodden with honie & Aloes, and drunke, it will cleanse the luer, and purge the bloud: most chiefly it helpeth the lungs. Simeon Sethi saith, if women drinke it with white waine, it will prouoke and cleanse the termes menstrual, and is a very wholesome pot-

pot hearbe.

Ioh. What saist thou vnto mustard?

Hum. Plinius doth greatly laud it, saying, that there is nothing, that doth pearse more swiftiler into the braine than it doth. Honie, vineger, and mustard, tempered together, is an excellent Gargarisima, to purge the heade, teeth, and thoate. Mustarde is good against all the diseases of the stomacke or lunges, winde, fleugme, or rawnes of the guts, and conduceth meate into the bodie: provoketh urine, helpeth the palsey, wasteth the quartane, dryeth vp moist rheumes: applied plaister wise vnto the head. Honie, and Mustard helpeth the cough, and is good for them that haue the falling sickenesse, notwithstanding the common use of Mustard is an enemie to the eye. Many more vertues haue I read of Mustard, but the occasion of time hath unhappily preuented, not onely my large discription in this, but also in many other simples, which hereafter, I intend largely to write vpō it, if it please God to permit me.

Ioh. They say that Buglos is verie

¶ 3 whole-

The operation
of mustard.

The Gouernment holesome.

The vertue of
Bugsos.

Hum. It is an hearbe most tempe-
rate betweene hole and colde, of an ex-
cellent vertue, a comforter of the heart,
a purger of melancholy, a quieter of
the frenzie, a purger of the vaine, hol-
some to be drunk in wine, but most ef-
factual in sirup. Dioscorides and Galen
doth greatly commend this heareb, and
that doth dayly experiance well prove.

Iohn. What is thy minde of sweete
Basill?

The vertues
of Basill.

Hum. This hearbe is warme in the
second degree, having the vertue of
moystnesse, and if it be sodden in wine
with Spicknard, and drunke, it is good
agaynst dropsies, windes, fleugme,
coldnesse of the heart, hardnesse of the
stowacke: the saviour of Basill, doeth
comfort the braine, and heart, the vse
of this hearbe in misates, doeth decay
the sight.

Ioh. The plaine people of the coun-
try will say, that those flowers which
bee pleasant in smelling, bee often-
times vnwholsom in woiking, the rose
is pleasant in sense, what is it in
vertue?

Hum. 31

Hum. It hath an odour most pleasant, and hath vertue to cōle and bind. The vertue of
Roses.

The water is good to make Manus Christi, and many other godly cordials, Roses and vineger applied unto the forehead, doe bring sleepe: conserue of Roses, haue vertue to quench burning choler, and to stay the rage of a hote feuer, Dyle of Roses, Vineger, and the white of an egge beaten togerher, doth not onely quench sacra ignis, but also bring a madde man into quietnesse, if his foreheade bee well anoynted therewith, after the receipt of Pilles of Chochi, in the time of the Pestilence, there is nothing more comfortable than the sauour of roses.

Ioh. What saiest thou of Sauerie?

Hum. It is hote and drye in the third degree, if the greene hearbe bee sodden in water or white wine and drunke, these be his vertues to make the liuer soft, to cleanse dropesies, colde coughes, cleanseth womens diseases, and separateth the dead child from the mother, as Dioscorides & Galen saith. Also Germander is not much unlike

The vertue of
Sauerie.

The Gouernement the vertue of this hearbe.

Ioh. But for troubling of you, I would be glad to know your minde of Time, and of a few other hearbes.

The vertue of
Time.

Hum. It is vehement of heat with drinessse in the third degréé. Dioscorides saith, if it be drunk with vineger and salt, it purgeth fleugme, sodden with hony or meide, it hath vertue to cleanse the lungenes, brest, mastix, reynes, and bladder, and killeth wōmes.

Ioh. What faiest thou of Parsly and Saxifrage?

The vertue of
Parslie and
Saxifrage.

Hum. They haue vertue to breake the stone. Parslie is hote in the second degréé, and drie in the middest of the third. The saede drunke with white wine, prouoketh y menstrual termes, as Dioscorides saith: also smallage hath the like vertue.

Ioh. What is thy iudgement of Liverwort?

The vertue of
Liverwort.

Hum. It hath vertue to cleanse and coole. Dioscorides sayth, it doth heale the wounds of the luer, & quencheth the extreme heat therof, tempred with honie, and eaten, doeth helpe a disease called

called regius morbus, and paines of the
thoraote and lungs.

Ioh. What is Betonic?

Hum. They be of diuerse kindes. The vertue of Betonic.
Leonardus Futchius doth call the sweet
Gilliflowers by the names of Beto-
nie, but the one seemeth to talke of that
which is commonly knowne of the
people , called the lande Betonic,
which hath the vertue to kill wormes
within the bellie , and helpeth the
quartaine, cleanseth the matrire, and
hath the vertue to heale the bodie
within. If it bee bruised, it is of great
effect , if it bee sodden with wormes
wood in white wine to purge fleugme,
and is hot in the first degree, drie in the
second.

Ioh. I haue heard small commenda-
tions of Beetes.

Hum. They be of two kindes, and
bee both prayselworthie. Simeon Sethy,
wryteth, that they be hote and drie in
the thirde degree , the white Beete is
the best , they haue vertue to cleanse,
as Piter hath , but hath euill iuice.
The iuice of this hearbe with honie
applyed into the Nose , doe purge
the

The Gouernment

the head, it is a wholesome hearbe in pottage, if it bee well sodden, or else it is noysome to the stomacke. If it be perboyled and eaten with vineger, it is good against the stepping of the liuer. Notwithstanding, the iuyce of this hearbe doe stop the belly, beeing simply taken.

Ioh. What is Maidenhaire?

Hum. It is an hearbe betwene hote and drie, if it be sodden in wine, it breaketh the stone, it cleanseth the Matrix, bringeth downe the secondes, as Dioscorides and Galen saith, the best doth grow vpon hard rocks.

Ioh. What is Melilot?

Hum. It hath vertueto ript, and is more hoter than colde, Mellilot, flax seede, Rose leaues, Campher, and womans milke tempered together, doth make a godly medicine agaynst the hote inflamation of the eyes. If this hearbe bee drunke with Wine, it doeth mollifie the hardnessse of the stomacke and liuer, the most excellent plaister against the pains of the spleene doth Mescue de scribe, which is made of Melilot.

The vertue of
Maidenhaire.

The vertue of
Melilot.

Ioh. Be

Ioh. Be pease and beanies any thing
beneficiale to nature?

Hum. Beanies be more groser and
fuller of windē then pease be, and ma-
keth euill matter, except they bee well
sodden and buttred, and so eaten, with
the whitest and sweetest Onions that
may be gotten. Because they bee hard
of digestion : howbeit , they do make
fatte , and partly cleanse , yet they
are not to bee compared with tender
white peason well sodden and butt-
red, or else made in pottage with gar-
den mints, and grosse pepper , which
hauſ vertue to cleanse the reynes of
the backe and bladder. Lentilles bee
of the sawie vertue. Barlie being clean
hulled and sodden with milke cleave
water and suger, maketh a verie com-
fortable and wholesome pottage for hot
cholerickē persons or young people.
And of this is much vsed in the north
parts of Englaundē , and is called
bigge kele.

Ioh. What be the vertues of Leekes
and rootes of Radish, Turneps, Pers-
neps, Rapes or naues?

Hum. Leekes bee euill, engender
paine

The operation
of pease and
beanies.

But Nutels g-
tates be mes-
lancholip.

The Gouernment

Leekes and
their proper-
ties.

Of the vertues
of Radish with
other rootes.

Galen de alimen.

Hearbs ingen-
bergh melan-
cholie.

painfull slæpe : but eaten with honie,
then they purge bloud : but rootes ea-
ten rawe, breedeth ill iuice , therefore
being first sodden, and the water cast
away, and then sodden with fat mut-
ton, or tender fasse biese, those rootes
nourisheth much. Rapes and Daues
be windie : Turneps, causesthe one to
spitte easilie that haue corrupt sto-
mackes, but maketh rawe iuice. Ca-
rets doe expurse winde : Radish rootes
prouoketh vrine, but be verie euill for
sleugmaticke persons , hauing griefe
in their bones or ioynts, and must bee
eaten in the beginning of the meale,
as Galen sayeth, but many doe vse
them in the ende of meales, and finde
ease, as sir Thomas Eliot that worthy
knight and learned man reporteth, in
his booke called The Castell of health.
And thus I conclude of those hearbes
and rootes that I haue written vpon.
Admonishing the, that hearbes, pulse
and rootes be all windie, engenderers
of Melancholie , and ingrossers of the
bloud, except Lettis, Bourage , and
Purslain . Therefore the grosse bin-
ding together, and seething of hearbes
in

in brothes and pottage , be more hol-
somer than the fine chopping of them.

Thus John I haue declared unto
thee, the vertues of certaine hearbes,
which if thou wilt follow, and obserue
my rules in them, I doubt not but thou
shalt receive much profitte thereby. I
would haue also taught thee some pre-
ty waies for distillation of waters, but
am prevented therein, and I am glad
thereof, forasmuch as thou shalt see ver-
rie shortly , both Thesaurus Euonomi
and VIstadius, which be excellent lear-
ned men in the science, wherein I am
sure thou wilt much delite. For Jen-
surs thee, the like bookes never were
set forth in our mother tongue,
with the lively fassion of the
furnasses, and also of the
Stillatories.

VIstadius.
Thesaurus
Euonomi.

John.

The Gouernment

Ioh. What will digest or purge choler, fleugme & melancholie, prouoke sternutation, and stop fluxes, tell me?

Hum. : Things to digest choler.

Endive	Pilles of aloes
Purlein	Wilde hops
Hoppis	Syrrop of weyneewood
Sorrell	Syrrop of sumitorie
Mercuris	Dis prunes.
Linerwort	The digester of flegm.
Whey	Puliat
Tesants	Mints
Tamerindes	Betonis
The soure cold seeds of gourdes and cucumbers	Egrimonis
Sanders	Magwort
Buttermilk or the milk which commeth of the lyressing of cheef	Honie
To purge choler,	Pepper
Wāna 6 drams	Hysop
Kubarbe two drams or 3, but put into infusion from v. to vii.	Pimpernel

Agaricke infus'd from two to fives	Jeniper berries
	Finkle
	Persely rootes
	Shallage.
	Purgers of fleugme.

five drams.

Sticaus

The myzabolaunes of all the kinds

Polipody of the oke

Centozie

Horehound

Maiden haire.

Good purgers of melancholy.

Eleberus

Niger

Capers

Lapis Lazule

Sene of Alexander

Borage

Harts tongue

Hony sodden in sweete wine

Hauoriz

Time

Tresses of capers, of Colocynthida, and of wormwood.

Good things to provoke vsinc.

Perslie

Time

Saxifrage

Casla Fistula

Rammes

Kadir

The flesh of an Hare

Pilles of Tyebenthon

Mayden haire

The berries of the Eglantine

Bromesade.

Comforters for the
braine to smell

vpon,

Roses

Violets

Gilloflowers

in Sommer,
but in Winter

Cloues

Spike

Muske

Amber grece.

Things

The Gouernment

Things good to
stop flix.

Sinaber called
dragons blood.
Sloes or their
decoction.
Sinamom
Bolearmoniak
Red wine
Planton
Olibanum
Hard egges.
Hard cheeze scra-
ped into redde
wine, & drinke.

Things good to pro-
uoke sternutation
or neesing.

Betony leaues
Primrose roots

imderatlye b-
sed

Eleborus albus
and Ginger.

Good comforters for
the heart.

Muske
Ambergrece
Roses
Pearles
maces.

Diamuschi dul-
cis diambra.

The flowers of
Rosemarie and
Nutmeggs.
Spikenard
Galanga.

Ioh. What bee the vertue of Dates
and Figs?

of figges and
dates.

Hum. Seraphio saith, that the dates
which be prescrued with sugar be god.
The crude rawe Date doth califie the
bodie, and doth conuert quickly into
choler,

choler it is not good for the heades of
the hot people, ill for the throte, and
stoppeth the liuer, & maketh the teeth
rotten, but if they be cleane pilled and
the inward rinde taken away, they doe
greatly nourish and restore, being sod-
den in stewed breath they be of diuerse
kinds in quantitie and qualitie, but
generally hotte and moist in the second
degree. Figs (as Hipocrates saith) the
best be white, the secoud bee red, the
third be blacke, the ripest be the best,
and amongst all fruits doth most nou-
rish, prouoketh sweat, because it doeth
purge þ superfluitie of humors through
the skin, it doth ingender lice, they be
hot in the first degree, and the new figs
be moist in the second, the seedes & the
skin of the fig, be not greatly commen-
ded: Figges and Almonds eaten of a
fasting stomacke, be very wholsome to
make the way of good digestion, but
best if they be eaten with nuts. Figs,
and hearbe grace stamped together, be
verie wholsome to bee eaten against
the pestilence: Roasted figges beaten
together, and hote applied upon the
pestilent soze, doth draw, mollifie, and

I

make

Rasis in 3
alman.

Halis in 5.

Theori.

Ra. Moyses

The Gouernment

make ripe the soze. And to the lings,
liver and stomacke, figs be veris com-
foſtable, as Galen saith.

Galen de alimen.
The operation
of peares.

Ioh. What be peares?

Blacke friers
pears.

Hum. They bee of diuerse kindes,
heauier than Apples, not good vntill
they be verie ripe, vntesse they be ten-
derly rosted or baked, and eaten after
meales. There is a kinde of Peares
growing in the citie of Norwich, cal-
led the blacke friers pear, verie deli-
cious and pleasant, and no leſſe pro-
fable vnto a hote stomacke, as I heard
it reported by a right worshipfull phi-
losophie of the same citie, called doctor
Manfield, which said he thought those
Peares without all comparison, were
the best that grew in any part of Eng-
land.

The operation
of Apples.

Ioh. What sayest thou of Apples?
Hum. Apples be very cold and win-
die, hard to digest, engendurers of euill
bloud, hurtfull to flegimaticke peo-
ple, good to choleriche stomackes, if
they bee thorough ripe, but best if they
bee rosted or baked, and eaten with
grosse Pepper to bedwarde, they
be of many kindes, as the Costarde,

the

the Græne-coate, the Pippen, the
Quince apple, and so forth. The di-
stilled water of Apples, Campher, Vi-
neger, and Pilke, is a good medicine
to annoynt the faces of chilđren that
haue the small pockes: when the said
pockes bee ripe, to keepe their faces
from eres: prouided that the said chil-
đren haue given them in their milke,
saffron, or Methridatum, to expell the
venime and keepe them from the aire a medicine for
the small pockes

Ioh. What be Peaches?

Hum. The leaues be hote, for if
they be stamped playsterwise, and ap-
plied vnto the bellie, they kill worms: The operation
of Peach ex.
The fruit is colde, and very good vnto
the stomacke, they be good to be eaten
of them that haue stinking b̄eaches
of hot causes: eaten of an emptie sto-
mack which is Galens counsell, which
saith: if they be eaten after meate, they
doe corrupt both in themselves and in
the meats lately eaten: and they bee
binders of the belly. But Quinces be
most comfortable after meate, for they
do enclose the stomacke, and doe let
vapours to ascende into the braine,

The Gouernment

and stoppeth humets : they be wholesomes soz sickle folkes that bee swelled in the bodies. Eaten with the grosse pouders of Gallanga , Spickanarde , Calamus , and Ginger , and may bee eaten before meats of the sayd sick patients , as well as after meate. But much vse of them , be not so profitabile as delectable to the eaters of them.

Ioh. What be Quinces?

The operation
of Quinces.

Isaac in per.
die. die.

Hum. If thy Stomacke be very hote or moist , or thy belly laxative , then Quinces be good to bee eaten before meate, being rosted or eaten colde, and in this case the farter bee the better, and Pomegranets bee of the same vertue , as Isaac sayeth : but eaten after meate they doe enclose the Stomacke, and moist the belly : they ought not to be vised in common meats, the custome of them hurteth the sinewes, but in the way of medicinē they bee excellens, and the rozes beeing taken out and preserued in Honey , or kept theyre muste lege , then they may long continue to the vse of rosting or baking, soz they bee perillous to the Stomacke
eaten

eaten rawe. But preserved, they doe mightily prouide against drunckennes, they be cold in the first degree, and drye in the beginning of the second.

Ioh. What be Cherries?

Hum. The tarte Cherries vndoubtedly bee more wholesome than the sweet, and eaten before meat, do mollify the belly, prepare digestion, & they be most excellent against hot burning choler, they be good also after meate, and bee of manie kindes, as blacke, red, and pale. The red Cherry partly tarte, is best. Galen and Rasis, greatly commend this fruit. In the country of Kent be growing great plentie of this fruit, So are there in a towne neare unto Newich called Kestreinham, this fruite is colde and moist in the first degréé.

Galen de alimen.
Ra.lib.3, cap.

Ioh. What be the vertues of grapes, rasins, prunes, barberies, oringes, and medlers.

Hum. Hippocrates saith, that the white Grapes bee better than the blacke, and wholsomer when they are two or thée dayes gathered from the vine, then presently pulled from it: and

The Gouernment

Galen de
alimen. 2.
Rasis in 4. alman.
29. cap.

Marshall in
Suffolke.

Reyours of
swnn:

Sweet vynes
be laxative, but
rarely pynes be
binding.

If they be sweete, they be partly nutritive, & warme the bodie. And vnto this agreeth Galen & Rasis, seeming to commend sweete grapes aboue dates, saying: although they be not so warme, yet they doe not stop the bodie, or make opilation as dates do. They be wholesome to be eaten before meate, euē as nuttes be good after fish. Toward the South, and Southeast partes of the world, there be many growing in divers regions, whereof the wines be made. The farther from vs, the hotter wine: There be very good grapes growing here in England in many places, as partly I haue seene at Blayhall in Suffolke, where sometime I was neare kinsman vnto the chiefeſt house of that towne. Raisins of the sun be very wholesome, and comfort digestion, but the stones and rindes would be refused, and then they be good for the spleene and liver. So be aligants. Rasis doth much commend them, but vndoubtedly the small raisins be hurtfull to the spleene. Vynes of damaseris haue vertue to relare the belly if they be sweete and ripe, but they do no; iſh very little,

but

but quench choler, Grapes, raisins and prunes, plumbs, and sloes, if they bee sover, be all binders of the belly, and so is the barberie called Oxiacantha, and Dringes, except the said Dringes be condited with suger, and then they bee god coolers against hate choler, whose rindes be hote and drye of nature. The fruit called the Pedler, is vsed for medicin and not for meat, and must be taken before meat, pronoketh wine, and of nature is stipticke.

Oxiacantha,
called the
Barbery.

Mespila.
called the
pedler.

Ioh. What be Capers and Oliues?

Hum. Fresh Capers be hot and dry in the second degree, and eaten before meates doe greatly comfort digestion, and be the best things for the spleene, or to cleanse melancholy that can be taken. Preserued olives in salt eaten at the beginning of meales, doe greatly fortifie the stomacke, and relare the belly, cleanse the liuer, and are hote and dry in the second degree.

Ioh. I beseech thee shew thy opinion of the natures of some kind of flesh, and first of the properties of beefe.

Hum. I will not undertake to shew mine opinion to thy request, but I wil

The Gouernement

Simeon Sethi.
R. in lib. 3. ca. 3.

Auicen in 2. lib.
pri. cap. 15.

Flue.

declare the mindes of some wise and learned men: & first of Simeon Sethi, whitch sayth, that the flesh of oxen that be yong, doe much nourish and make them strong that be fed with them, but it bringeth melancholy, and melancholious diseases, it is colde and drye of nature, and hard to digest, except it bee of cholericke persons: but beeing tenderly sodden, it nourisbeth much. Much beefs customably eaten of idle persons, and nice folkes that labour not, bringeth many diseases, as Rasis saith. And as Auicen saith, that the flesh of Dren or Kine, be verie grosse, engendering ill iuste in þ body. Whereof oftentimes come to scabs, cankers, biles, but bnts hot, strong, cholericke stomackes it is tollerable, and may be vsed as wee haue the dayly experiance thereof. The broath wherin beefs bath beeene sodden, is good to be supped halfe a pint euery morning agaynt the flise of the bellie, and running soorth of yellowe choler, if the sayd broth be tempered with salt: mustard, Weneger, or Garlick, &c. bee comonly vsed for the sawces to digest beefs

bæſe withall, for the ſaide ſauces doe not onely helpe diſgētion, but also deſendeth the bodie from ſundrie inconueniences and diuerſe ſickneſſes, as droppes, quartains, leproſies, and ſuch like. The gall of an Dre or a Cowe, diſtilled in the Month of June, and kept in a cloſe Glaffe, doeth helpe to cleaſe the eyes from ſpots, if you put a dropp of this water with a fether into your eyes, when ye go to bed. The mylt of a Bull dyed, and the powder thereof drunke with red wine, will ſtoppe the bloudie flire. Light powde, red yong bæſe, is better than either fresh or much powdered. In ſpecially thole Cattell that be fedde in faire and dry Pastures, and not in dinking ſennes.

The great learned man Gesnerus, Conradus
Gesnerus, in his deſcription of beaſtes, doeth write more of the vertues of Bulles, Dreſ, Kine, and Calves, than anie other hath done. And thus to concluſe, the fleſh of the male beaſtes, is moare better than the female, and the gelded beaſtes be moare commodious to nature, than any of them.

And

Digestion.
in medicine for
the eyes.

The Gouernment

Hali. in. 5.
The. ca. 4.

And the yong flesh more commendable than the olde, for it is more moyst, and a friend to the bloud, as Haliabas saith, Roasted flesh doeth nourish the bodie much, for it is warme and moyst. Basked meates be very drye : Cleane boyled meates, with wholsom hearbs and fruits, be excellent to comfort the bodie, if they bee nutrimentall fleshe. Calues flesh doe greatly nourish and make good bloud.

Ioh. Thou hast said well of beefe, but what goodnessse may bee reported of porke ? I thinke verie little or nothing.

Hum. There be many godly commodities in the flesh of Bores, gelded swine and pigges, for they be good for mans nature.

The descripti-
on of swine.

Ioh. For mans nature ? that is maruell : For how can those bee good for mans nature, which bee so vyle of their owne nature ? Their foule feeding of most stinking filth and carion . The noysome wallowing in the myre and durt, the eating of their owne pigges, and oftentimes pulling children out of the cradle for their dinners, if the good wife

wife be not at home. Who is able to beholde such noysome spirites or helhounds? Did not almighty God command the Iewes to eate none of them? and the Mahometts at this day will kill that man that eateth of their flesh, why should we then commend them? for they are most vile.

Hum. All the ancient and wisest physitians that euer were in this world, did all consent, that of al flesh, the flesh of yong gelded swine, partly salted or powdered, was euer a meate of the best nourishing moysture, and colder than other flesh, for Isaack sayeth, Isacke Galen in it is flesh verie moyst, except it bee the flesh of lambes, as Galen reporteth. Yet it is not good to euerie complexion, nor euerie age, but unto youth and middle age. Whereas thou hast spoken agaynst the vile nature of swine, calling them unreasonable, thou doest vse more words than wit: for there is no beast that may bee called reasonable but man only. And wheras God did prohibite the Iewes to eate swines flesh, it was a figure to abstain from uncleane things: which I leauie to

Wcates haue
Sec. comp. Cap. 2.

The Gouernement

to the Theologians. The Spahumites abhorre swines flesh, because their drunken false prophet, and Psewdo Apostle was borne and rent in pieces with swine, being drunken and fallen in the myre. So the one must give credence to time, and to learned Physitions. The bloud of swine doeth nourish much, as it is scene in puddings made with great Otemeale, sweete swet, and fennell or Annis seedes. Piggies be verie moist, therefore Sage, Pepper and Salt doe drye up the superfluous humours of them, when they bee rosted. They bee not wholesome to be eaten before they be thre weekes olde. The Tripes and Guts bee wholesomer, and doe nowtill better than any other beasts guts, or in-meates. Bacon is verie hard of digestion, and much discommended, and is hurtfull. Onelie vnto a hote cholerickke labouring bodie, the fleshe of a Boare is moze wholesomer than the flesh of any sow. The braines of a Boare, and his stones, or any part of them stamped together, and laide warme vpon a pestilente soore, in the maner

Puddings of
Swine.

of Swine.

Plaster.
maner of a plaister, it will breake it
incontinent. Swines greasse is be-
rite colds, and good to annoynt bur-
ning hot places of the bodie, or a dis-
ease called saint Antonies fire : and
thus much haue I spoken of swine.

Ioh. I pray you tell me of the flesh
of the Rammes, Weathers, and Lambs,
and how profitable they are to mans
nature.

Hum. Simeon Sethi sayth, Lambes
Simeon Sethi.
flesh is partly warme, but superfluous
moist, and euill for flegmaticke per-
sons, and doeth much harme to them
that haue the droppis, boneache, or a
disease called Epiolus, whiche is spi-
ting of flegme like glasse. Therefore
if lambes flesh were sodden, as it is
rosted, it would bring many diseases
vnto the bodie, without it were sodden
with wine, and some hote Groceries,
herbes, or rootes. When a Cether
is two yeares olde, which is fed vpon
a good ground, the flesh thereof shall bee
temperate and nourish much. Hippo-
crates sayth, that the lambe of a yeare
olde doth nourish much. Galen seemeth
not greatlie to commende Mutton,
Hip. in 2. pris.
doc. cap. 15.
but

The Gouernment

but that which is tender , sweete and
not olde, is verie profitable, as experi-
ence and custome doth dayly teach vs.
The dung , tallow and wolle , be ver-
ie profitable in medicines , as Plini
sayeth : And Conradus Gesnerus, de a-
nimallibus, and Galen in his third booke
de alimentis.

Jo. What is the flesh of goats or kids?

Hum. They be beasts verie hurtful
vnto yong trees and plants : but Si-
meon Sethi saith , that kids flesh is
of easie digestion , in health and sick-
nesse , they be verie good meate. They
bee drye of nature . Hippocrates saith
It be honesth that the conseruers and
keepers of health , doe studie that his
meate bee such as the flesh of kids,
yong calues that bee sucking , and
lambs of one yeare olde. For they bee
good for them that be sicke , or haue
euill complexions . Haliabas doeth
say, that the flesh of Kidores doe engen-
der good bloud , and is not so flegma-
ticke, waterie, and moyst, as the flesh
of Lambes. They remaine Kidores
for sixe moneths , and afterwarde
come into a grosser and hotter na-
ture,

De ali. lib.
tercio, 3.

inter 12.
duc. secum.
Capi. 7.

Haliquinæ
sheori. Cadit. 2.

ture, and be called Goates. The flesh of them that be geld d is wholsome to eate, the lungs of them eaten before a man doe drinke, doeth defende him that day from drunkennesse, as I haue read in the reportes of learned men. But the flesh of the olde hee or male Goates bee ill, and engender the Agues or Feuers. If the brine of Goates be distilled in May with Horrell, the water distilled is not hurtfull nor noysome, but whom soever vse to drinke thereof two drammes morning and euening, it will preserue him from the pestilence. The milke of Goates I will describe in the place of milke.

^{a good med-}
cine.

Ioh. What is the flesh of red and fallow Deere?

Hum. More pleasant to some, than profitable to many, as appeareth once a yeare in the corne fieldes, the more it is to be lamented. Hippocrates and Simeon Sethi, doe plainly affyrm the flesh of them to engender euill iuise and Melancholie, colde diseases, and quartaines, the fleshe of winter Deere, doe lesse hurt the bodie, than that

Hippocrates.
Simeon Sethi.

Rashala Cap. 3

The Gouernment

that whiche is eaten in Summer. For in Winter mans digestion is more stronger. and the inwarde partes of the bodie warmer, and may easilier consume grosse meates than in Summer, as we see by exerience. In colde weather and frostes healthfull people bee most hungrye. The lungs of a Dære sodden in Barlie water, and taken forth and stamped with Penedice and Honnie, of equall quantitie to the sayde lunges, and eaten in morninges, doeth greatlye helpe olde coughe, and drynnesse in the lunges. There bee many goodly vertues of their hornes, bones, bloud, and fleshe.

Auicen in 2.
Can. cap. 146.

Auicen in 2.
Can. cap. 46.

Ioh. What is the properties of hares and conies flesh?

Hum. Auicen saith, the flesh of Hares bē hote and drye, ingenderers of Melancholie, not praysed in Physicke for meate, but rather for medicinē. For in dede, if a hare be dried in the Moneth of March in an Ouen or Furnace, and beaten into powder, and kept close & drunken in morninges in Beare, Ale, or white Waine: it

it will breake the stome in the bladder, if the paciente be not olde. If childrenes gummes be annointed with the braines of an Hare, their teeth will easilie come forth and grow. The gall of an Hare mingled with cleane hony, doth cleanse waterie eies, or redde bloudie eies. The flesh of Hares must be tenderly rosted, and well larded and spiced, because of the grossesse, but it is better sodden. The flesh of Conies are better than hares flesh and easier of digestion. But rabbets be holsemes. And thus to conclude of Connes, experience teacheth vs, that they are good, they be colde and drye of nature, and small mention is made of them, among the ancient phisitions, as Galen saith. I need not to speake long of euerie kind of beastes as some of the beastes that be in Hiberia like little Hares which be called conies.

A medicine for bloudy eies.

Galen in 3. de ali. cap. 1.

Ioh. If the olde and ignorant men of Connys, which were seene in the nature of manie other beastes, that had dwelte in diuers places of England they should haue knownen them right wel: and perhaps receiued of them as small pleasure, as many husband men haue found profite by them in their Corne.

The Gouernement

Now thou hast well satisfied me of the
four footed beasts, which commonlie
English men fedeth vpon. Now I pray
thce tell mee, some of the vertues of
foules and ffirst of Cockes, Capons and
Hennes.

Auenzoar. pri.

Rasis in lib. 5.
Afteris.

Hum. Chickens of Hennes, saith A-
uenzoar, is most commended, and most
laudable of any flesh, and nourisheth
good bloud. It is light of digestion, and
doeth comfort the appetite, cocke chic-
kens: be better then the hennes the capon
is better than the Cocke, they doe aug-
ment good bloud and seede, as Rasis re-
porteth, and experiance pouereth in men,
both whole and sick. An old Cocke which
is well beaten after his fetheres be pulled
off vntill he be all bloudy, and then cut off
his head, and draw him, and seethe him in
a close potte with fayre water, and whyte
wine, Fenill rootes, Burrage rootes,
Violet, Blancen, Succory, and Buglos
leaues, Dates, Pynes, great Raynsins,
Spaces, and suger, and put in the marrow
of a Calfe, and sanders. This is a most
excellent broth to them that be sickle,
weake, or consumed. The braines of
hennes, capons or chikins, be holseme to
cate,

cate, to comfort the braine and memory. And thus to conclude these foresaide foules, be better for idle folkes that labour not, then for them that vse exercise or trauel, to whomie grosse meates are more profitable.

John. What are the properties of Geese?

Hum. Wild geese and tame, their flesh be verie grosse and hard of digestion, as Auicen saith : The flesh of great foules and of geese, be slowe and hard of digestion : for their humidite, they do breade feuers quickly, but their goslings or yong geese, being fatte, are good and much commended in meates. And Galien saith : that the flesh of foules be better then the flesh of beastes.

Auicen,in 2.Ca.
no.Cap.46.

But undoubtedly goose, malard, peacocke, swanne, and euerie foule haueing a long necke, be all hard of digestion, and of no good complexions. But if geese be well rosted and stopped with salte, sage, pepper, and onions, they will not hurt the eaters thereof. There be great geese in Scotland, which breedeth upon place called the Basse. There be also Barnacles, which haue a strange genera-

Gal.In lib.3.de
aliment.

or great fowl

The Gouernement

Gesnerus.

tion as Gesnerus saith: and as the people of the North partes of Scotland knoweth, and because it should seeme incredible to manie I will give no occasion to any, either to moeke or to meruaile. And thus I give warning to them which loue their health, to haue these foresaid foules somewhat poudred or stopped with saite, all the night, before they be rosted.

Ioh. I pray thcc tel me of the flesh of Duckes?

Hum. They be the hotest of all domesticall, or yard foules, and vncleane of feeding: notwithstanding, though it be hard of digestion and maruelous hot, yet it both greatly nourish the bodie and maketh it fatte. Hippocrates saith: they that be fedde in puddels and foule places, be hartfull: but they that be fedde in houses, pennes or coopes, be nutritive, but yet grose, as Isack saith.

Ioh. What be Pigionis, Turtles, or Doues?

Hum. The flesh of Turtles be meruaileous good, and equall to the best as Auicen saith: They be best when they be yong and holsome for flegmaticke people. Simeon Sithy saith: the house dove is hoter

Hip. in 2. can.
ca. 46.

Isack. in vni.
ca. 16.

Auicen in can.
de ca.

hoter then the field doye, and doth engender grosse bloud. The common eating of them is ill for chollerick persons with red faces, for feare of Leprosie: therefore cut off the feete, wings, and head, of your Pigeons or Doves, for their bloud is that which is so venomous: they be best in the spring time, and haruest. And I sacke Isaac. in lib. die-
sa. cap. 16.
faire because they are so dightly conuer-
ted into choller: they did commanide
in the old time, that they shold be eaten
with swarp Cineger, Parlem, Couoni-
bers, or Sitron. Roasted Pigeons be best.
The bloud that commeth out of the right
wing, dropped into ones eye, doth might-
ely help the eie, if it swelleth or pricketh.
And thus much haue I spoken of Pigeons
or Doves.

Roasted pigeons be best.

Pigeons be best.

Ioh. What is the flesh of Peacockes?

Hum. Simon Sichey saith: it is raw
flesh, and hard of digestion: viles it be
verie fat. But if it be fasse, it helpeth the
plurisie. Haliabas saith that both swans,

*Hali. in g. Resbo,
cap. 23.*

Cranes, Peacockes, and any great foules,
must after they be killed, be hanged by
the necks, two or three daies, with a stome
weyng at their feete, as the weather will
serue, and then dressed and eaten. Provi-

The Gouernement

ted that good Wine bee drunken after
them.

John. What is the flesh of cranes?

Simeon Sethi.

Humfrey Simeon Sethi saith : their
flesh is hate and dyre, the young are good,
but the olde doeth encrease melancholy,
they doe ingender seede of generation, and
being tenderly rosted, doth help to cleare
the voice, and cleanse the pipe of the
lungs.

John. What is swanne?

Hum. Every grose fowle is cholericke,
hard of digestion : the signets bee
better than the old swans ; if their galan-
tines be well made , it helpeth to digest
their flesh.

John. What is the flesh of herons,
hittors, and shouellers?

Humfrey These fowles bee fishers,
and be very rawe, and fleugmaticke, like
unto the meate whereof they are fedde :
the young be best, and ought to bee eaten
with pepper, synnammom, sugar and gin-
ger, and drinke wine after them for good
digestion: and thus do for al water foules.

John. What bee partridges, fesants,
quailes, larkes, sparrowes, plouer, and
blacke birds.

Hum.

Hum. Partridges doth binde the belly, and doth nourish much. The cockes
 be better than the hen birds, they doe drye <sup>Avicen.
Rasis in 3. alv.
c. 10.</sup>
 vp fleugme and corruption in the stomacke: a fesant is the best of all flesh, for
 his sweetenes is equall vnto the capon or partrich, but he is somewhat drier. And
 Rasis saith fesants flesh is good for them ^{Ra. in lib. 4. affa.} that haue the feuer ethike, for it is not onely a meate, but a medicine, and doeth
 cleanse corrupt humors in the stomacke. Quailes although they be eaten of many,
 yet they are not to bee commended, for they do ingender agues, and bee euill for
 the falling sickenesse. For as Conciliatur saith: of all foules that bee vsed for
 meates it is the worst. Diſcorides saith
 that larkes roſted, bee wholesome to bee
 eaten of them that bee troubled with the
 chollicke. Blacke birds taken in the time
 of frost, be wholesome and good of diſge-
 ſtion: the dung of blacke birdes tempered
 with vineger, and applied vnto any place
 that hath the blacke morpheu, or blacke
 leproſie, oftentimes anointed with a ſponge
 helps them. The flesh of plouers ingen-
 ders melancholy: ſparrowes be hate, and
 prouoketh lust: Plinic doth deſcribe their

The Gouernement

properties the braines be the best parte of them. Woodcockes be of good digestion and temperate to feebe vpon. All small birdes of the field, as Robbin redbreast, Linnetes, finches, red Sparrowes, Gold wings, and such like, if they be fat, they be maruellous good, and doe greatly comfort nature, either rosted or boyled, and thus do I conclude with thee of birdes.

Iolitt Hartely thanke thee, gentle maister Humfrey: for thy paines taking in these thy rules vnto me, concerning the proper vse of beastes, and foules in meates. I would be glad to know the vertues of some fishes.

Hum. In many Landes of this worlde, vvere adiacent vnto the Ocient seas, the people liue there, most chiefly by fishes, and be right strong and sound people of complexion, as Aristotle saith: *Consuetudo est tanquam altera natura.* Custome is like vnto another nature: but because I speake of fish, I will diuide them in thye partes. First of the fishes of the sea, secondly the fish of fresh running riuers, thirdly of the fishes in poules and standing waters. The Sea hath

Aristo. in prable.

of sea fish.

hath many grosse and fatte fishes, which be noysome to the stomacke, but the smaller kind of fishes that feede about rockes and cleare stony places, be moze drier and lesse of moistnes, then the fresh water fishes, and doth engender lesse flegme and wind, by the reason of their salt feeding as Galen saith : they be the best fishes that feede in the pure Sea : and chieflie of all fishes for the vse of mankinde. But Haliabas saith : new fishes lately taken, are colde and moist, and flegmaticke, but least of all the sea fish. Fishes that swimme in fresh cleare Riuers, or stony places, where as the water is sweete, being fishes that beare scales, bee muche good. If they feede neare vnto places where much filth is daily cast out, there the fish is verie corrupt and vnholosome, as the said Haliabas saith : Fishes that do feede in fennes, marshes, ditches, & muddy pooles be very vnholosome, and do corrupt the bloud they be grosse and flymp, corrupt and windie. But those fishes that be fed in faire ponds, wherein two running waters may infuse, & wheras sweet herbs, roots, weeds that growe about the bankes, doth feede the fishes those fishes be holson. Galen

Best feeding
for fish.

The Gouernement

Ilen saith : Fish that is white scaled, hard, as pearches, cheuens, ruffles, carpes, breames, roches, troutes, &c. be all good. But unscaled fishes, as eeles, tenches, lampries, and such like be dangerous, unlesse they be well baked or rosted, and eaten with pepper, ginger and vineger : And note this, that it is not wholesome trauelling, or labouiring, immediately after the eating of fish, for it doeth greatly corrupt the stomacke, and as Galen saith : the nourishments of flesh is better than the nourishments of fish. And thus much generally I haue spoken of fish.

John. An i thus it seemeth by thy words, that great fish that bee deuoulers in sea, as Seale and Porpois, & such like, bee vnwholesome, and that the smaller fishes, as codlings, whitings, plaices, smeltes, buttes, solles, pike, pearch, breame, roch, carpe, and such as doe feede in cleane stonic waters: thou sayest they be wholesome: Eeles, lampries, and other muddy fishes, thou doest not greatly commend. There be some kinds of fish soft and hard, which be the best?

Hum.

To labone
soone after the
eating of fish
is hurtfull.
Galen.

Fat fish be
groletoode.

Humfrey. If fish be soft, the eldest fish is the best: If fish be hard, the youngest is best, for it is either soft or hard. Of hard fish take the smallest, of softe fish take the greatest: provided that your fish be not very slimy: thus saith Aulcen in his booke of fishes.

The electing
of fish.

Aulcen.cap. de
piscibus.

John. I pray thee tel me some thing of shell fishes.

Hum. Crayfis and crabbes be very good fishes, the meate of them doth helpe the lungs, but they be hurtfull for the bladder, yet they will ingender seede. If crabbes of the fresh water bee sodden in pure greene oile olive: this oile dropped into the eare luke warme, doeth heale hote burning obstructions, and stopping matter that hindereth the hearing. As for lempetes, cockles, scallops, as Galen saith: they bee hard of digestion, muscles and oysters would bee well boyled, rosted, or baked with onions, wine, butter, sugar, ginger, and pepper, or else they bee verie windie and flegmatike. Chollericke stomackes may well digest raw oysters, but they haue castmany a one away.

Crayfis and
crabbs.

Galen in libra de
alimento.

John. What is the vertue of oiles?

Hum.

The gouernement

Hum. Greene oile of olives, is the mother of all oiles, which doeth drawe into her owne nature the vertues of hearbs, buddes, floures, fruites, and rootes. S^eweete sallet oile is wholsome to digest cold hearbs, and sallets, tempered with sharpe vineger and sugar. New oile doth moyst, and warme the stomacke, but olde oile corrupteth the stomacke, and cleaueth to the lungs, and maketh one hoarse. Oile of roses and sharpe vineger, tempered together, is good to annoiint the sore heades of them that are troubled wyth extreme heate or fransie, so that Buglos be sodden in their posset ale, or else drinke the sirops of Endive or Buglosse. There be many goodly vertues in compounded oiles, both to callifie and make hote. And also to coole the body when it is excreame hote, as the great learned man John Melius, hath described in his *Antidotarium*.

John. Wilt thou be so good as to tel me the properties of water?

Hum. Water is one of the fourre elements, more lighter than earth, beauerier than fire and aire. But this water the which is heere amongest vs in Rivers, pondes, sprynge, flouds, and seas be no
pure

Galli, 3. deuic. in
muli, 1. sen. a.

pure waters, for they be mingled with sundry aires, corruptions, grosenesse, and saltnes, notwithstanding in all our meats and drinke water is vsed, and amon-
gest all living creatures can not be so
borne, both man, beast, fish, soule, hearb,
and grasse. And (as Auicen saith) the what kind of
waters are
best.
Auic.lib.1.fen.30
de dispositio-
bus aquarum. clay water is pure, for clay cleanseth the water, and is better than water that runneth ouer grauell, or stones, so that it bee pure clay, voyde of corruption. Also wa-
ters running toward the east, be pure, comming out of hard stony rockes, and a pinte of that water is lighter than a pint of the standing water of welles or pooles. The lighter the water, the better it is. Also waters that are put in wine, &c. ought first to bee sodden ere it be occupied colde, and so the fire doth cleanse it from corruption. Standing waters, and wa-
ter running neare unto cities and towns, or marish ground, woods, and fennes bee euer full of corruption, because there is so much filth in them of carriions and rotten dung, &c. Ice and snowe waters be very grosse, and bee hurtfull to the bodies of men and beasts. To drinke colde water is euill, for it will stoppe the body, and engender

The gouernement
engender melancholy. Salt water helpeth a man from scabbes, itch, and moist humours, it killeth lice, and wasteth bloud betweene the skinne and the flesh, but it is most hurtful to the stomacke, but the vapour and smoake of it is good for them that haue the dropsie.

Ioh. What is Vineger?

**The proper
use of vineger** Hum. Vineger is colde and drye, and is hurtfull for them that be melancholy, but when it is drunke, or poured vpon an outward wound stoppeth the bloud: it also killeth hot apostumations of erisipilus, it is an enemie to the sinewes, Vineger and brimstone sodden together, is good for the Gout to wash it withall. Vineger tempered with oyle of Oline, or oyle of Roses, and sodden with unwashed wolle, helpeth a disease called Soda in the head, applied warme vnto the place, it doth helpe hot diseases in the head called Soda, it is good in sauce for all warme and moist men. Vineger with cleane clarified hony penidies and faire water sodden together, doth greatly helpe the paine in the throte or lunges, or stopping of the winde, and quencheh hot diseases. And sharpe vinegar mingled with salt, and put vpon the biting

biting of a dog, doth heale it : and against
popson it is excellent, chiefly to drinke a
little thereof against the pestilence in a
morning.

Ioh. What vertue hath our com-
mon salt?

Hum. Rasis saith, salt is hot and drye,
Dioscorides saith, salt hath vertu to drye,
to scour, and mundifie, and of that mind is
salt. Rasis in 3. anima.
cap. 17. The vertue
of salt.
Oribasius saying : salt is compounded of
matter aduersarie and stiptik, which mat-
ters be both binding and dryng moist
humours, and is good to powder fette
flesh, both biese and porke, and other fette
meate : for it hath vertue to drye vp super-
fluous humours, as water and bloud, &c.
But it is not good for leane bodies, or hot
complexioned people, for the much vse of
it makech the body cholericke, appeare
aged, and to be angry. The verie vse of
it is onely to season meates, but not to be
meate. Much good salt is made here in
England, as at Witch. Wallond in Lin-
colnshire and in the Shires neere unto
Newcastel.

Ioh. What is honie, or the vertue
thereof?

Hunc.

The gouernement

Auerrois in 5.

Simeon Sethi.

Anen. in. a. Ca.
no. Cap. 504.

God hath or-
dained the
Bees to be an
example unto
us, both for
loue and war-
king in the
commonwealth.

Hum. Auerrois sayeth, honie is hot
and drye in the second degree, and dooeth
cleanse verie much, and is a medicinable
meat most chiefliest for olde men and
women. For it doth warme them and
conuert them into good bloud. It is not
good for cholericke persons because of the
heat and drynesse. They do greatly erre
that say hony is hot and moist: but if it be
clarified from the wax and drossle and kept
in a close vessel, there is nothing that is
liquid vpon the earth that remaineth lon-
ger. And this precious iewel-hony, hath
beene euermore praysed aboue suger, for
it will conserue and keepe any frute, herb,
rose, or any other thing that is put into it
an exceeding long time. Marueilous is
the worke of God in honie, being a hea-
uenly dewe, that falleth vppon flowers
and leaues as Anicen saith, it is neither
the juice of leaues nor fruit, but onely the
heauenlie dewe. Whereunto the Bees
come in due tyme, and doe gather the said
hony, and lay it vp in stoe in their curious
buylded houses, whereas they dwell to-
gether in most godly order. O Bees
bees, how much happier are you then any
wretched man, which dwelleth neuer to-
gether

gether in britis and peace , but in conti-
nuall discord and disquietnesse , as Vir- Virgil saith , En quo discordia ciues pro-
duxerit miseros: Behold what discord
wretched citizens haue brought forth.

But now to make an end of the most ex- *Hony good for*
cellent vertues of hony , it is good in the *flegmatick*:
meates of them which be flegmaticke.
Hony newly taken out of their combes ,
bee partely laxatiue , but clarified hony
doth binde and dry vp flegme , and kee-
peth the bodies of flegmaticks and olde
persons from corruption . The best hony
is gathered in the Spying time , the se-
cond in Summer : but that which is ga-
thered in Winter is ill and hurtfull . One *Hony e water*
part of hony , and some part of water sod-
den together vntill the froth bee all scum-
med off , and when it is colde kept in a
close stone pot , this drinke (saith Galen)
is wholesome for Summer , cleanseth the
lungs , and preserueth the bodie in health .
Oxymel simplex and compositum are
made with hony , and so are many moe
things which are of great vertue . Su-
ger the which is called mel canne , hon-
ny of the reede , beeing cleare , and not
full of grosse pannell , doeth cleanse , and

Galen de tuer.
sanitate Libra 4.

87
The Gouernement

Maliabus in. 5.
theo, Capi. 27.

is not so hotte as Bees honny, and doeth agree with the stomaches of cholerike persons. Malibus saith it moueth not the stomache to drynesse, and that the cleane white sugar not admyraced, doeth nourish more than honny. Of Rosewater, Pearles, and Sugar is made a goodlie comforter for the heart, called manus Christi.

John VVhat is the propertie of milke?

Simeon Sethi.

Rasis in. 3 alman.
Capit. 15.

Humfrey Simeon Sethi saith, that milke is of three partes : whey, curdes, and creame. Whey is wholesome for to drinke in Summer, specially of cholerike persons, it cleanseth the body. Milke of fatte beastes doeth nourish more than the leane beastes, and the milke of yoong beastes is better than of the olde. And the new milke is wholesomer than that the which hath stooode in the aire, as Rasis saith. And also those beastes that are fed in drye pastures amongst hearebes, grasse and flowers, hauing conuenient water, their milke is very good. Milke in the beginning of Summer is very wholesome.

Milke not
good for soule
stomackes.

some. In winter it is vewholesome
for flegmaticke persons, or them which
haue corrupt and soule stomackes. For
if the milke be lower, it doeth ingender
the stone in the reines or bladder. Cowes
milke is the thickest milke, and vngentious
or full of butter. But the best milke that
helpeth against consumptions, is wo-
mans milke: the next is goates milke,
which goates milke racher nourisheth too
much, if it be taken commonly. Sheepe
milke is not very pleasant vnto the sto-
macke. And note this, that Milke is not
wholesome to them which haue paines in
the head or teeth. But the people that bee
brought vp with milke, be faire coloured,
and healthfull bodies.

Isaac sayeth, if honny and a little salte
bee sodden in the milke, then it is very
wholesome, and is not windie nor fleg-
maticke. If mintes, borage leaues,
rosemary flowers, honny suckles, and a
little sugar be layed in a bason, and co-
uered with a faire linnen cloth, and milke
the saue bason full through the cloth, and
then let it stand all the nighc. This is
pleasant to drinke in the morning vpon
an empty stomacke, two houres before a-

The Gouernement

Galen de Alimeti. By other meate , it cleanseth the rage of hote burning choler : and thus I leau off milke.

John What is butter?

The operation
of butter
and cheese.

Humfrey Butter is hote and moiste: fresh butter is vsed in many medicines. New made butter meanly salted, is good with breade, flesh and fish , it helpeth the lungs , and purgeth the drieresse of the thyoate, and helpeth coughes most chiefliest if it be mingled with hony or sugar. It is good for yoong children when their teeth doth growe or ake. Butter milke if you crumme newe white breade into it, and suppe it off , there is no milke nouisheth so much , goates milke excepted. Cheese if it be new it is indifferently well commended, but hard salt cheese doth drie the bodie, and engendereth the stone , as Isaac and Auicenc doe say, and manie other Doctours moxe doe rather discom mend it than praise it. When as pottes or stones bee broken , if hard cheese bee steeped in water and made softe , and grownd vpon a Painters stone, it will wyne the broken pottes or stones toger ther

Isaac in 5. doc.
cap. 15.
Auicenc in secur,
capit. 128.

ther againe. By this I gather , that
cheese will engender the stome before any
other meates. Therefore cheese shoulde
bee made in Sommer when the creame
is not taken from the milke . And Witto-
nie, Sarifrage, and Parcely chopped to-
gether , be wholesome for to be mingled
amongest the curdes . And thus I doe
conclude with Haliabas , that old cheese
is unwholesome.

John What be egges?

Humfrey Galen sayeth in his booke
of Simples, that egges are no parte of
the fowles , but a portion of the thing
from whence it came . Simeon Sethi
writting of the diuersite of egges saith
the first propertie is in their substance,
and the second is in their time , eyther
newe layed or olde . The third is in the
manner of their rosting, potching, or see-
thing. New laide egges of hennes pot-
ched and supped vpon an emptie sto-
macke , doeth cleanse the lungs and the
raines of the backe . Harde egges are
greatly discommended , vnlesse it bee
to stoppe fires , but it were better for

The gouernement

to seethe egges hard in vineger, and then
vndoubtedly it will drie vp the flix of the
belly. Fried egges be very hurtfull for
chollerick people, and them which haue
the stone. Duckes and geese egges bee
grose and noysome, but partrich, sea-
fants and hennes egges, ingendreth good
blood.

John VVhat is the propertie of
wine?

Hipp,in 2, assor. Humphrey Hippocrates saith of a cu-
stomable thing comineth lesse hurt, wher-
of I gather, that they that drinke wine
customably with measure, it doeth profit
them much, and maketh good digestion.
those people that vse to drinke wine sel-

Astro,in 6,colig.
Rasis in libra, 26.
cor.ca, 1.
dome times, be di- nperated. White
wine if it be cleare, i s wholesome to be
drunke before mea , for it pearseth
quickely to the blader: but and if it bee
drunke vpon a full stomacke, it will ra-
ther make opilation and stopping of the
meserates, because it doeth swifly drie
foode downe, before nature hath of him-
selfe digested it. And the nature of the
white wine is of least warmenesse. The
second

second wine is pure Claret, of a cleare
Iacinct or yellowe colour. This wine
doeth greatly nourish and warme the bo-
dy, and it is a wholesome Wine with
meate, and is good for flegmatike folke,
but very unwholesome for yong children,
or them which haue hote liuers, or paines
in their head, occasioned of hote vapours
or smoakes, for it is like unto fier, and
flare. The third is blacke or deepe red
wine, which is thicke, a stopper of the
belly, a corrupter of the bloud, a bree-
der of the stone, hurtfull unto olde men,
and profitable to few men, except they
haue the flire.

And for the election of wine (saith
Auicen) that Wine is best that is be-
tweene new and olde, cleare, declining
somewhat to red of good odour, neither
sharpe nor sweete, but equall betweene
two, for it hath vertue not onely to make
humours temperate, warme, and moist,
but also to expell euill matter, the which
corrupted the stomacke and bloud. In
the Sommer it ought to be delayed with
pure cleare water, as Aristotle saith
in his Problemes. And note this, that
in dyie yeres Wines are best and most

Auicen in 3.
prim. a. doc. ca. 8.

The gouernement

wholesome, but in watery yeares, the grapes be corrupted, which wine doth bring to the body many euill diseases, as drospies, timpanes, flixes, reumes,
Galen in reg.acu. windes (and such like, as Galen saith).

The heat of
excess in drinke-
ing.

And thus to conclude of wyne, almighty God did ordaine it for the great comfort of mankind, to bee taken moderately, but to be drunken with excesse, it is a payson most venemous, it relaxeth the sinewes, bringeth palsey, falling sicknesse in cold persons, hote feuers, fransies, fighting, lecherie, and a consuming of the liuer, to chollerycke persons. And generally there is no credence to be giuen to drun-kards, although they be myghtie men. It maketh men like to monsters, with countinaunces, like vnts burning coales: It dishonoureth noble men, and beggereth poore men: and generally killeth as many as be slaine in cruell battelles, the more it is to be lamented.

Ioh. What is beere or ale?

Hum. Ale doth engendre grosse humors in the body, but if it be made of good barley malt, and of wholsome water,

water, and verie well sodden, and stand
foure or five daies, vntill it be cleare. It is
verie wholesome, especially for hot cha-
lericke folkes, hauing hote burning fe-
uers. But if Ale bee very sweete and
not well sodden in the brewing, it bring-
eth inflammation of winde and choller
into the belly : If it be very souer, it fret-
teth and nippeth the gutes, and is euill
for the ries. To them that be verie fleg-
maticke, ale is verie grosse, but to tem-
perat bodies it encreaseth bloud : It is
partely laxative, and prouoketh urine.
Cleane brewed beere if it be not very
strong, brewed with good hoppes, clenseth
the body from corruption, and is very
wholsome for the liuer, it is an usuall or
common drinke in most places of Eng-
land, which indeede is hurt and made
worse with many rotten hoppes, or hoppes
dried like dust which commeth from be-
yond the sea. But although there com-
meth manie good hoppes from thence,
yet it is knownen that the goodly stilles,
and fruitfull grounds of England, do
bring forth to mans use, as good hoppes
as groweth in any place of this world,
as by proofe I knowe in many places of
the

The Gouvernement

the countrey of Huzzolle : Whereas they bzewe their heere with the hoppes that groweth vpon their owne groundes: And thus to conclude of ale and heere, they haue no such vertue nor goodnes as wyne hath , and the sur fetes which be taken of them, through drunckennes, be worse then the surfetes taken of wyne. Knowe this, that to drinke ale or beere of an empty stomacke moderatly hurteth not, but dooth good. But if one be fasting, hungry, or empty, and drinke much wine, it will hurt the sinewes, and bring eth crampe, sharpe agues , and palsies, as Auicen, Auerrois and Rasis saie.

Auicen. 11.ter
tra.ii.capitu. 8.
Auerrois in comen.
Rasis in 4.alm.
cap.5.

Ioh. What is bread?

Hum. The best Bread is made of cleane sweete wheate which groweth in clare ground, and maketh but little branke when it is ground , light leauened, meanely salted, and the bread to be baked in an ouen not extremely hot, for burning of the bread, noytes then meane hot, for causing the bread to be heauie and rawe, the lighter the bread is, and the more full of holes, it is the wholsomer, as Auerrois and Rasis saie. And also

Auerrois in
quint. Col.

bread must neither be eaten new baked,
 nor verie stale or old, for the one causeth
 driesse, chast, and smokynge into the head,
 troubling the braines and eyes through
 the heate thereof: The other dryeth the
 body and bringeth melancholy humours,
 hurting memory. The best bread is that
 which is of a day olde, and the lounes or
 manchets may neither be great nor little,
 but meane, for the fier in small lounes
 dryeth by the moistnes or vertue of the
 bread, and in great lounes it leaueth raw-
 nesse and grosuernes. Reade Galen in the
 properties of bread: Godden bread,
 which be called simnels or cracknelles,
 bee verie unwholsome, and hurteth many
 one: Rie bread is windy and hurtfull to
 manie, thereforee it shoulde be well
 salted and baked with Annis seedes,
 and commonly crustes of bread be
 verie drye and burneth, they doe engen-
 der melancholy humours. Therefore in
 great mens houses the bread is
 chipped and largelye pared and ordy-
 narily is made in bzewesse, and losse
 for dogges, which will helpe to frede a
 great number of poore people, but that
 many be more affectionate to dogges
 than

Rasis in. 30.
Alman cap. 3.

Galen. 1. ali-
ment.
Cap. 3.

The Gouernement

then men: Barly bread doth cleane, coole
and make the body leane.

Ioh. What is rise?

Hum. There be many opinions in the
vertue thereof, but I shall stay my selfe
with the iudgement of Auicen: Rise saith
he, is hot and drye and hath vertue to stop
the belly, it doth nourish much, if it bee
sodden with milke, but it ought to be
steeped in water a whole night before: if
blanched Almondes be stamped and with
Rosewater streined into them, and sodden
with cowes milke, it is verie nutrimental.

Ioh. What be almondes?

Hum. The bitter Almondes be hotter
then the sweete Almondes. Drye Al-
mondes be hurtfull, the milke of moist
Almonds, wherein burning steele is
quenched, stoppeth the flix: To eate al-
mondes before meate, preserueth against
drunkennes. Walnuts be wholsome when
they be new, to bee eaten after fish, for
they hinder engendring of fleugme.
Simeon Sethi saith they are hotte in the
first, and drye in the second degree, not
wholsome before meate, Plinie speak-
ing of Metridatis the great King that

Pompius

Avic.in 1.107.
cap. 78.

of walnutes.

Plin.in lib. 22.
cap. 8.

Pompius, found of his owne hand wri-
ting, that two nuttes and two figges, and
twenty rewe leaues stamped together
with a little salt, and eaten fasting, doth
defend a man boþ from poison and pessi-
lence that daie. ¶ Filberdes and hazle
nuttes, be hard of digestion, ill before
meate, hurtfull to the head and lunges, if
they be rosted and eaten with a little pep-
per, they will helpe the running and di-
stillation of rumes. Chesnuttes if they ¶ chesnutes.
bee rosted and eaten with a little hony fast-
ing, they helpe the cough, if they be eaten
raw, although they greatly nourish the
brdy, yet they be hurtfull for the spleene
and fill the belly full of winde. ¶ Nuc. ¶ nutmegs.
megges be very good for colde persons,
comforteth the sight and memory, as A-
uicen saith : but without doubt Auicen. cap. 30
nuce. Nutmegs doe combust or burne sanguine
men, and drie vp their bloud : and thus
much haue I spoken shortly of the vertue
of nuttes.

Ioh. What be cloues, galangell, and
Pepper?

Hum. They be hote and drie, and
as Rasis saith : doe comfort colde sto-
mackes : Rasis in H. 4. adho

The gouernement

mackes : and make sweete breath, and is
good in the meates of them that haue ill
digestion. Blacke pepper is hoter then
long pepper, and doth mightily warme
the bodie, the grosser it is eaten with fish
or frute, the better it provoketh urine, it is
hot and drye, in the fourth degree, there-
fore they doe erre that saie pepper is hot
in the mouth and colde in the stomacke.
Although pepper be good to them that
use it well, yet unto artificiall women
that haue moxe beastlines then beauty and
cannot be content with their natural com-
plexions, but would faine be faire : they
eate pepper, dried corne, and drinke vine-
ger, with such like bagage, to drye vp
their bloud, and this is the verie cause
that a great number though not all, fall
into weakenes, greene sickenesse, slink-
ing breathes, and oftentimes sodaine
death.

*Ilacaria parvula
bus.*

Myrra

John. What is sweete Callamus
odoratus?

Hum. An excellent sweete roote and
profitable for men, if the poticaries
keepe it not vntill it bee rotten, it is
hot and drye in the beginning to the mides
of

of the second degree, it hath power to cleuse, to dry, to walle al winds within the body without hurt. Galen doth greatly commend the sauour of it. They that drinke of this roote sodden in wine, shall haue remedie of the white morphew, and recouer good colours. And this haue I proved, it helpeth crampes and sickenesse in the sinewes, being drinke in wyne, sodden with sage, it helpeth the splene, the liuer and raines, and will cleuse the secret termes of women, and augmenteth naturall seede.

Ioh. What is ginger?

Hum. It is hot in the third degree and moist in the end of the first if it be vncoller'd. White and not rotten it is verie good, most chiefly if it be conserued, and greene as Mesua saith: it maketh warme a colde stomacke, and removeth windes, helpeth euill digestion, and maketh meate goe easely downe into the stomacke.

Ioh. What is Setwall?

Hum. Hot and dry in the second degree, and is good, if the pouer thereof be drunke, is most of effect against the pestilence, except Methridatum: It is good

Auerrois. In. 5.
coll.

Mesua in 4. diffin.

52 The governement

good against poison, winde chollericke, and colde passions of the heart, and doeth restraine vomites. The weight of eight graines doth suffice to be drunke in ale or wine vpon an empty stomacke.

John What is finamon?

Humf. Dioscorides saith there bee many kindes of sinamon, but generally their vertue is this, to helpe dropsies, windes, or stopping of the liuer, and is hote and drye in the third degree.

John What is Cassia Fistula, Sene-
ca, and Rewbarb?

Humfrey Cassia Fistula, if the cane be heauie, and the Cassia within blacke and shining, that is good Cassia, if this bee drawen newe out of the cane halfe an ounce or more at one time, and mingled with suger, and eaten of a fasting stomacke in the morning it hath power to purge choller, to cleanse the raines of the backe it will fret and consume the stone, it purgeth very easilly, and is pleasant in taking, and may bee taken of children, weake women, and sicke men, in the time of their feuers, the accessse of their fittes excepted. Reubarbe doeth purge yellow choller by himselfe, two or thre drammes may

rewbarbe:

may be taken or a little more, so that there be a dram of Spikenard or Synamon put unto it. In Summer to drinke it with whey, in Winter with white wine: but the cleane yellowe rubarbe sliced, and put into infusion al the night with whey, white wine, or endive water, and streyne it in the morning, doth greatly purge the blood and liuer: thre or four dramis with Spikenard a dram or more. Seany Alexandria, if it be sodden in the broath of a cocke or a henne, doeth purge the bloud and melancholie, vertie gentle and comfort the heart. One ounce of the cleane small leaues of seany without cods or stalkes, halfe a quarter of one ounce of ginger, twelue cloues, anker seede two drammes, or else two dramis of Synamon, tartar, halfe a dram, beaten al together in powder: these do purge the head mightily to be taken before supper, the weight of one dram in a little white wine.

Ioh. I would bee glad to learne the vertue of Aloes.

Hum. There be two kinds of Aloes, one is named Succotrina, which is

SEEKE

The Gouernement

like a liuer, cleare, brittle, bitter, colour
red betweene red and yellow, this is
best for medicines. A little of this be-
ing tempered with Rose water, being
put vnto the eyes, helpeth the dropping
and watery eyes. Also it is put in ma-
ny excellent medicines laxatiue, as
saffron, myrrhe, aloes, mingled to-
gether. In the forme of pilles, is the most
excellent medicine against the pesti-
lence, as it is written in this booke fol-
lowing. Honie and aloes mingled to-
gether, doe take away the markes of
stripes and also doth mundifie sores &
vlicers, it doeth cleanse the abundance
of choler & fleugme from the stomacke.
It is not good to be taken in Winter,
for Auicen doeth forbide it, but in the
spring time or harvest, the powder
thereof. The weight of a french crown
mingled with the water of honie or
mead, and so drunke in the morning, it
doth cleanse both choler and fleugme.
There is another grosse aloes which
is good for horse tempered with ale, and
ministred aswell to other great beasts
as horses, the weight of half an ounce:
and thus much haue I sayd of aloes:

but

Auicen in li.
de sum.

Aloes caablin.

but if aloe be cleane washed, it is the wholsomer, many unwashed aloes wil cause emerodes.

Ioh. Is the saffron that groweth in England as good as that, that come from the other side of the sea?

Hum. Our English hony, & saffron is better than any that commeth from any other strange or forrein land. But to thy question of saffron, it hath vertue either in bread or porridge, to make the heart glad, it warmeth the body, it preserueth from droukennes, drunke in ale or wine provoketh acts venefous, iudiceth clepe, purgeth vine. Byre, while knake, aloes & saffron, make an excellent pill against the pestilence, 2. peny weight of saffron powder, rostid with the yolk of an egge very hard, & the said yolke beaten in powder, 12 graines drinke in mornings is good against the pestilence: saffron, planten, and iuory sodden. The decoction drinke helpeth the yellowe taundays, it is diis in the firme degree, and hath vertue to restraine.

Ioh. We plaine men in the country dwel farre from great cities, our wiues and children be often sick, and at deaths

M 2 doore,

The Gouernment

doore , wee can not tell what shift to make wee haue no acquaintance with the apothecaries, cōmonly we send for aqua vitæ or malmesey whatsoeuer our diseases be , these be our coimmon medicines,or else we send for a box of triacle : and when these medicins faile vs, we cause a great posset to be made, and drink vp the drink: thinkest thou these medicines to be good?

Hum. Ifo; lacke of medicine God helpeth the people oftentimes by myracle , o; else a great number of men should perissh. But because the almighty God hath couered the whole face of the earth with many p̄ecious Simples, whereof rich compositions bee made, therefore bee neither so rude no; barbarous to thinke these medicines god that thou hast rehearsed , fo; all diseases.although not hurtfull to some : but because many doe receyue more mischiefe than medicine in counterfeite triacles , I shall rehearse unto thee what Valerius Cordus and others doe write vpon the vertue of the p̄ecious triacle called Methridatum.

Ioh. I would be glad to heare of that precious

precious triacle and his vertues.

Hum. This excellent triacle Methridatum is next in qualite and vertue to Theriaca, and so differ but little, but onely Theriacha is a little hotter and stronger against venom of snakes, adders, and serpents. It helpeth all paines of the head of men or women if it be come of cold, most chiefly of melancholie and feare. It helpeth megrime, falling sicknes, and all paines of the forehead, dropping of eyes. It helpeth toothake, paines of the mouth, cheakes, if it be put in maner of a plaister, or else annoiint the pained place. It helpeth paines of the throte called Squinchie, and also cough, appoplexia, and passion of the lunges, and manis grieuous dolors and pains within the bodie, drunke with the decoction of the flowers of Pomegrenats or Platane, it helpeth and stoppeth flires in the Ilias and long guts winds or collicke. The extention or cramps be helped very much with this Methridatum, drunken with stilled waters, palsies, sicknesses in the midriffe, the liuer, reines and bladder be cleansed therby

The Gouernment

it prouoketh the menstrual fumes in
wome, being drunke with posset ale. If
Isop or Germanander bee sodden in the
said ale, it is excellent against the pe-
stilence or poison, if it be drunke but
a little quantite thereof, according to
the disease, strength or age of the per-
son. It is very god against the stone,
or for wome which haue a new disease
peraccidents called the græne sicknes,
there is nothing better against the bi-
ting of a mad dogge, than to drinke of
this, and to annoynct the wound. If it
be giuen in drinke to any sicke bodie a
little before the accessse or comming of
the olde fittes of quotidianes, tercians,
or quartains, so that it be drunke with
wine temperately warme. This Mc-
of the excell-
ent triacle cal-
led Mithridatum.
thridatum is a medicine of no small
prise ; Democrates hath a goodly com-
position of it : an other excellent com-
position is of Cleopatre, as Galen wi-
teth. An other, and the most excellent
is the description of Andromachus,
phisition unto king Nero, but the chief
father of this art, was king Mithrida-
tus, the noble king of Pontus, after
whose name it is called.

Ioh. In

I b. Job. Indeed this is an excellent medicine, but I pray thee where shall I buy it?

Hum. The blind (fellow John) doe eate many a flie, and the plaine mea-ning man is oft deceyued. There is no trust in some of the Apothecaries, for although the usurpation of quid pro quo is tollerable, for their Succi-
dantes, yet to abuse their simples or compounds, it is not onely thest to rob simple men, but also murther to kill the hurtlesse.

J. Joh. Of late time we haue beeene so afflicted with sundrie sickenesses and strange diseases, that in many places we could get no physitions to helpe vs, and when men be sodainly sicke, 200. miles from London, Cambridge, or Oxford, it is too late for the patient to sende for helpe, being infected with the pesti-lence. I pray thee tel me some good regimant for me & my family, if it please God that it may take place.

Hum. I shall be glad soasmuch as thou hast taken paines to heare me all this while, to teach thee a pretie regi-
ment for the pestilence.

The Government

Ioh. Reade it faire and softly, and I will take my pen and write it.

Hum. Certainly the occasion of this most feareful sicknesse commeth many waies, as the change of the aire from a god tnto an evill qualitie , taking his venemous effect of the vital spirits which incontinent with all spedde corupteth the spirituall blw. And sodenly(as it were) an unmercifull fire, it quickly consumeth the whole bodie even unto death, vntesse the wholesome medicine doe preuent and come to the heart,before the pestilont humor. And because it is a very strong sicknes, it is requisite to haue a strong curing medecine. For weake things will not prauail against so strong a matter. Therefore I pray you note these six sayings, as aire,diet,sleepe,or watch, quietnes, or trouble, and finally medecine. First, walk not in stinking mistes, nor by corrupt marrish ground, nor in extreme hot weather, but in fair cleare aire upon high ground in sweet fields or gardens, having fire in your chāber, with sweet perfumes of the smoke of Olibanum, or Beniamen Frankensence, being cold

Good aire.

Cold weather. And in hote weather, roses, willow branches sprinkled with vineger, & often shifring the chamber is wholsom, flēing the South windes.
Secondly, diet, moderate eating meate
of god digestion, as all that haue pure
white flesh, both of beasts, and foules,
good bread of wheate, partly leavened.
Eate no raw hearbs, purslein, Lettis, yong lettis
yong Lettis, or sorrel, except with vi-
neger. Drinke of cleare thin wine, not
chaunged and vse often times vineger
with your meates, and mingle not fleshe
and flesch together in your stomache, &
to drinke a fisan of barley water, rose
water, & sorrell water, betwene meals
is god, eight spoonfuls at once. Third-
ly, beware you sleepe not at nōone, it
bringeth many sicknesse, and giueth
place to the pestilence, and abateth
memory. For as the marigold is spred
by the day, and closed by the night;
even so is man of nature disposed, al-
though through custome otherwise al-
tered unto great damage and hurt of
body. Eight hours sleepe suffiseth well
to nature, but euery complexion hath
his proper qualities, to sleepe vpon the
right

Roone sleepe

Sleepe.

The Government

Exercise.

Writ.

De signis pesti-
lentialis.

right side is best , euill upon the left ,
and worse upon the backe . Fourthly ,
use moderate exercise and laboř for the
emacuation of the excrements , as swift
going up hilles , stretching forth armes
and legges , lifting weightes not ver-
ie ponderous , so by labour the first
and second digestion is made perfite ,
and the bodie strengthened . and this
is a mightie defence agaynst the pesti-
lence , and many mo infirmities , wher-
as through idlenesse be engendered all
diseases both of the soule and bodies ;
sphere of man is compounded & made
wistly , abde all earthly thinges ,
mirth is most excellent , and the best
companion of life , putte away of all
diseases : the contrarie in plague time
bringeth on the pestilence , through
painesfull melancholie , which maketh
the body heauy & earthy . Company ,
musicke , honest gaming , or any other
virtuous exercise doth help agaynst
heauinesse of mind . Sixthly , medicine ,
the partie being chaunged in nature
and condition , trembling or burning ,
vomiting with extreme paine in the
day , colde in the night , and strange
imagi-

Imaginations, &c. Apt to sleepe, when
these signes doe appeare, giue him me-
dicine before ryght hours, or else it will
be his death. Take therfore with all
speed, sorrel, one handful stamped with
Rein, Endiacampana, Dringe vyndes,
Citron seedes, the great thyslerrootes,
Geneper berries, walnuts, cleane pi-
cked, of each one ounce, stamp them
all together, then take pure Sharpe vio-
negar, a quarter of a pynt, as much
buglosse water, as much white wine,
and temper your sayde receytes with
these licours. Then put in two ounce
es of pure Methridatum andromachi,
which is an excellent triacle, and a line
drams weight of the powder of pure
Bolearnicin, mingle them all together
in a verie close vessel, and give the
pacient a spoonfull or more next his
heart, and etswones as much more, & let
them that take this, not sleepe during
twentie hours: or else take pure triacle
and set wchiningled in posset ale, made
with white wine, wherein sorrel hath
boyled a good draught, and let an ex-
pert Chirurgion let the pacient blowd
upon the middle veine called Mediana,

Methridatum
Andromachi,

Mediana
Basilica.

The Gouvernement

or the heart vsiae: Basilica a good quanti-
tute according to the strength and age
of the pacient , except women with
childe, and children. For the retaining
the said bloud , woulde all turne to ve-
nom and incurable poison : And note
this, that bloud bee lette upon the same
side that the soze doth appear. If any
appeare for many causes, and sleep not
vij. houres after, and vse this most ex-
cellent pill oftentimes. Take pure a-
joes epatik, and myrc, well washed in
cleane water, or rose water, of each 2.
dramis, and one dram of the powder of
saffron , mingled with a little sweete
wine, & tempered in a very small ves-
sell vpon the coles vntill it be partlie
thicke, or els incorporate altogether in
a morter , then roll them vp in small
round pills, vse to swallow halfe a dram
of these pills two times a weeke in the
pestilence time a mornings, thre hours
before meate. An other medicine: to
mentill gentian , setwell, of each one
dram , spikenarde dramis 2. nasticks
dramis 3. bole armin dramis 8. giue 2.
dramis to the patient, or any that feare
the plague in the water of Scabeas , or

Carduus

Pillule pesti-
lentialia,
Russ.

Carduus Benedictus, then drinke the
breath of a chicken, or pure wine to
ripe the soze, rost a great onion, take
out the core, put in triacle, and warme
apply it to the place, three or four times
renewed warme: and oyle Olive, blacke
sope, sowze leauen, lillie rootes, of each
like quantitie boyled together, ynt in
the inice of Rew, and makes a plaister,
this will breake the said soze: Capons
grease, yolkes of eggs, swines grease,
barlie floure, linseede in powder, incor-
porated together wil make a good heat-
ing playster. Emplastrum diachilon,
magnum descriptione filij Zacharia
doth resolute and quench the hot
blcer. But in the time of
the plague trust not
vines.

F I N I S.

The Epilogue.

Here I haue presented vnto
thee(gentle reader) a sim-
ple Gouernment of health,
beseeching thee most
heartily for to accept it as
an argument of my good will, as one
vnfeynedly that greatly doe couet the
good estate, and happie health of man-
kinde, which ly dayly casualties, sur-
fets and age do decays and fall into ma-
ny grieuous and painfull sicknesses. For
which cause, although perhaps I cannot
in all points answer to thy request, in
this little Regiment: yet I shall desire
thee to accept mee among the fellow-
ship of the botchers, which do helpe to
repaire things that fall into ruine or
decay: Euen so bee the praetitioners of
phisicke, no makers of men, but when
men doe decay through sicknesse, then
the counsell of the Phisition, and the
virtue of medicin is not to bee refused,
but most louingly to bee embraced, as
a chiefe fiend in the tyme of aduersi-
tie: if thou readest this little booke,
and obserue it, I trust it will pay as
much

The Epilogue.

much as it doth promise. And because
I am a yong man, I would not presume
to take such a matter in hand, although
the wordes bee fewe, but did consiliate
and gather things together, which of
my selfe I haue practised, and also read
and noted in the workes of Hippocrates,
Galen, *Auicen*, *Plinic*, *Haliabas*, *Auen-*
zoer, *Rasis*, *Dioscorides*, *Leonhardus Futi-*
chius, *Conradus Gesnerus*, &c. And thus
I leaue thee to the companie of this
my little booke, wishing thee
health, and all them that
shall reade it.

William Bullein.